

100% Canadian Owned Since 1982

Issue 137 December 2002 FREE

Common Ground

Michael Moore

**Stupid White
Men in Vogue**

Bear Essentials

It's a question of wilderness

**Travel and Rejuvenation
Healing from the Heart**

**Organic Natural Fibres
Veggie Goes Mainstream
Americans in Baghdad for Peace**

CHOICES

Gourmet and Natural Foods Grocer

a proud BC company

Christmas Turkeys

Order yours today!

There are two ways to place your order:

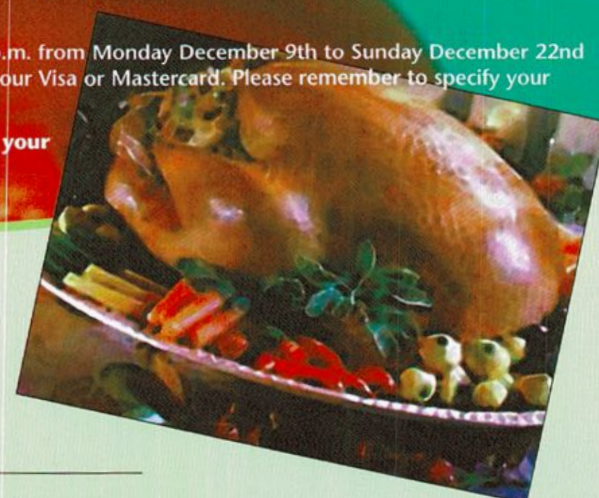
In Person

Place your order in person, during regular store hours. All orders must be received by December 22nd. A \$20.00 deposit is required and may be paid with cash, Visa, Mastercard or Interac. Please place your order at the Choices Market location where you wish to pick up your turkey.

Through the Turkey Hotline

Call 604-736-0086 between 9:30a.m. and 6:00p.m. from Monday December 9th to Sunday December 22nd inclusive. A \$20.00 deposit will be charged to your Visa or Mastercard. Please remember to specify your desired pick up location.

The turkeys will be available for pick up at your specified location starting December 20th.



Kiss My Face Organic Botanicals Shampoo & Conditioner

325 ml regular 9.99 save 2.00
Product of USA



7.99

Aromatherapy hair care

Flora Flor-Essence

500ml regular 19.99 save 3.00
Product of Canada



16.99

Cleanse
Detoxify
Energize

Thomas Kemper Sodas

Assorted varieties • 355ml
Product of USA



1.19

+ deposit
+ eco free

Club
member
Price

Traditional Medicinals Tea

Echinacea Plus, Cold Formula, Throat Formula, Breathe Easy 20's • Product of USA



4.49

Club
member
Price

ProActive Multivitamin and mineral for active men & women

120 veggie capsules regular 38.99 save 6.00
Product of Canada



32.99

Advanced gender and age specific formulas

proteins+

regular 69.99 save 10.00
Product of Canada



59.99

Boost immunity & build lean muscle

Rice Dream Enriched Rice Beverage

Assorted varieties • 946ml • Product of USA



2.29

tetra pack

Club
member
Price

Kettle Krinkle Cut Chips

Assorted varieties • 454g • Product of USA



4.99

Club
member
Price

Pamelas Cookies

Assorted varieties • 150g • Product of USA



Club
member
Price

2.99

Wheat and Gluten free

Manna Bread

Assorted varieties • 14oz • Product of Canada



1.69

excluding
Fruit and Nut,
Cinnamon Date

Club
member
Price

St. Dalfour Jam

Assorted varieties • 225ml • Product of France



3.49

No Sugar
Added

Club
member
Price

Muir Glen Tomatoes

Diced Fire Roasted, Crushed Fire Roasted 796ml • Product of USA



2.39

Organic

Club
member
Price

Prices Effective December 1st to December 31th

We reserve the right to limit quantities. Not all items may be available at all locations.

Kitsilano

2627 W. 16th Ave.
Vancouver
604.736.0009

Cambie

3493 Cambie St.
Vancouver
604.875.0099

Kerrisdale

1888 W. 57th Ave.
Vancouver
604.263.4600

Yaletown

1202 Richards St.
Vancouver
604.633.2392

Choices in the Park

6855 Station Hill Dr.
Burnaby
604.522.6441

Bakery

2595 W. 16th Ave.
Vancouver
604.736.0301

IN THIS ISSUE

DECEMBER 2002
ISSUE 137

Cover Story: Government Hiding Data on Grizzly Killings by Christopher Genovali

24

COMMUNITY

Michael Moore in Vogue	4
Healing from the Heart – Michael Mahaffey interview	6
Homeland Security Scam – Jim Hightower	7
Good Americans in Baghdad – Ramzi Kysia	8
Ear to the Ground – Activist News by Charm Maryea	9
My Story–Kolin Lymworth, Terry Galloway, Linda Sedesky, Bea Rhodes	10

ENVIRONMENT

Organic Natural Fibres – Iva Cheung	11
Backlash Against Waste – David Suzuki	13
Source List for Organic Fibres	39

HEALTH

Surviving Holiday Feasts – Cat Smiley	17
Yoga for You – Kareen Zebroff	18
New Gifts of Health	20

FOOD

Veggie Goes Mainstream–Vesanto Melina	28
---------------------------------------	----

ARTS & ENTERTAINMENT

Films Worth Watching – Robert Alstead	14
Common Reader – Robert Scheer	15
Joyful Grooves – CD Reviews	16

SPIRIT

On Track Zodiac – Ilona Hedi Granik	30
The Universe Within – Gwen Randall Young	39

TRAVEL

Travel as a Source of Healing – Sandra Harper	20
---	----

Resource Directory

Events	40
--------	----

Datebook

Classifieds/Unclassifieds	42
---------------------------	----

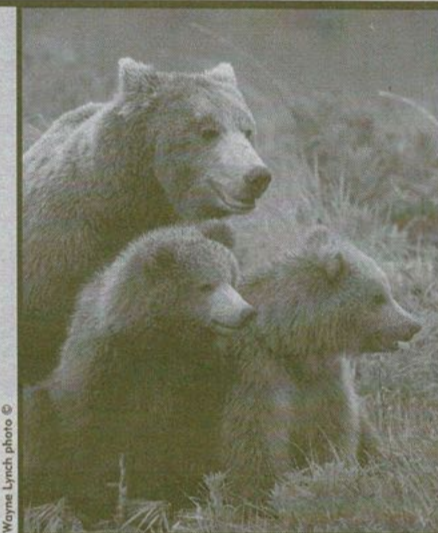
Cover Photo

The cover photograph of a female coastal brown bear with two yearling cubs was taken by Dr. Wayne Lynch, a science writer and professional wildlife photographer. Dr. Lynch began to study bears more than 20 years ago. Today, after writing three books on bears, he still finds these magnificent carnivores to be among the most fascinating of the world's wild animals. His most recent book is *The Great Northern Kingdom - A Study of the Boreal Forest* published by Fitzhenry & Whiteside.

A full-size poster of the photograph is one of several bear-related products now available from the Western Canada Wilderness Committee. WCWC recently collaborated with the J.J. Whistler

Bear Society and Valhalla Wilderness Society to publish *Bear Smart Kids*, a children's colouring and activity book about bears around the world. For more environmentally-friendly holiday gift ideas, drop in to the Wilderness Committee store in Gastown at 227 Abbott Street (604-683-8220) or in Victoria at 651 Johnson St. near Douglas (250-388-9292). You can also visit www.wildernesscommittee.org.

The Wilderness Committee will celebrate three decades of wilderness-saving work by one of BC's best known conservationists, Paul George, with a roast on December 12, 2002. For more information call 604-683-8220 or email: info@wildernesscommittee.org.



Wayne Lynch photo ©

For more information about bears visit: www.savespiritbear.org, www.raincoast.org and www.bearsmart.com.

Feature Article: Government Hiding Data on Grizzly Killings, page 24

How Safe is Grizzly Habitat?

The Great Bear Rainforest on BC's central and north coasts contains the largest network of intact ancient temperate rainforest left in the world, much of it prime grizzly habitat; if you thought it was protected, think again:

- 20 key ecological areas on the central coast were designated for protection by the previous government in April 2001 but have still not been legislated by the Liberals.
- An additional 68 other intact valleys also remain at risk and unprotected, many granted only a temporary deferral from logging.

- In the entire Great Bear Rainforest there is only one park, the Khutzeymateen, that is legislated as a fully protected sanctuary for grizzly bears.
- Since the province announced its so-called "Grizzly Bear Conservation Strategy" in 1995 no coastal grizzly bear core habitat has received legislated protection.
- Since 1990 approximately forty intact valleys have been either roaded and clearcut logged in the Great Bear Rainforest.
- Since the April 2001 Great Bear Rainforest announcement, clearcutting continues to be the dominant method of logging throughout the central and north coasts.
- BC has no endangered species act or any other substantive legislation to protect

species at risk such as the grizzly bear.

- The BC Environmental Assessment Act specifically excludes forest practices from environmental scrutiny.
- Large carnivore expert Dr. Paul Paquet has stated that the provisions under the Forest Practices Code (FPC) governing forest practices are not compatible with the long term survival of grizzly bears.
- The Liberals recently dismantled the FPC and supplanted it with a "results-based Code" (the *Forest and Range Practices Act*) that affords BC's forests even less protection than the FPC. Written with industry behind closed doors, the new Code will essentially empower logging companies to self-regulate.

Common Ground

M A G A Z I N E

PUBLISHER & SENIOR EDITOR

Joseph Roberts

ASSOCIATE EDITOR

Robert Scheer

SALES & MARKETING

Sandra Hamilton Tait

ADVERTISING ASSOCIATES

Amano Weston • Nick Walker • Aaron Melnyk

ACCOUNTING

Jim Duff

PRODUCTION

Jim Duff • Robert Scheer

GRAPHIC DESIGN

Shelley Wales • Mike Barker

CLASSIFIED SALES

Charm Maryea

CONTRIBUTORS

Michael Moore • Michael Mahaffey

Joseph Roberts • Jim Hightower

Ramzi Kysia • Charm Maryea

Kolin Lymworth • Terry Galloway

Linda Sedesky • Bea Rhodes

Iva Cheung • David Suzuki

Robert Alstead • Robert Scheer

Kushad Watsan • Cat Smiley

Kareen Zebroff • Vesanto Melina

Christopher Genovali • Sandra Harper

Gwen Randall-Young • Ilona Hedi Granik

COVER

Photo: Wayne Lynch • Design: Shelley Wales

Common Ground Publishing Corp

Office: 201-3091 W. Broadway

Vancouver, BC V6K 2G9 Canada

Phone: (604) 733-2215

Fax: (604) 733-4415

ISSN No. 0824-0698

Copies Printed: 70,000

Over 250,000 readers per issue

Survey shows 3 to 4 readers/copy

SUBSCRIPTIONS

Annual subscription is \$60

(US\$50) for one year (12 issues).

Single issues are \$6 (specify issue #).

Payable by cheque, VISA, MasterCard, Interac or money order.

www.commonground.ca

For advertising rates call

Common Ground, ask for advertising.

1-800-365-8897

We welcome your letters to the editor. Email: editor@commonground.ca. All contents are copyrighted. Written permission from the publisher is required to reproduce, quote, reprint, or copy any material from Common Ground. Opinions and views expressed in the articles do not necessarily reflect those of the publishers or advertisers. Common Ground Publishing Corp. neither endorses nor assumes any liability for any and all products or services advertised or within editorial content. Furthermore, health-related content is not intended as medical advice and in no way excludes the necessity of an opinion from a health professional. Advertisers are solely responsible for their claims.

CCAB Membership Applied for June 2002



2001 Recipient

BRITISH COLUMBIA ASSOCIATION OF MAGAZINE PUBLISHERS

OWNED BY CANADIANS
PUBLISHED 12 TIMES A YEAR IN CANADA

We acknowledge the financial support of the Government of Canada, through the Canada Magazine Fund, toward our editorial costs. Canadian Mail Publications Product Agreement No. 148288.

Printed on recycled paper with vegetable-based inks.

Michael Moore in Vogue

Taking Aim At "Stupid White Men"



Michael Moore poses with a shotgun to publicize his film *Bowling for Columbine*, a documentary about the US obsession with firearms.

The director of *Bowling for Columbine* spoke in Vancouver to an overflow audience at the Vogue Theatre, where thousands of people had lined completely around all four sides of the block but could not get in. Moore answered questions from the audience and read from his best-selling book, *Stupid White Men*.

Michael Moore After I come back here it's looking more and more American. Your news looks more American, getting more and more airheaded and focusing on the big, splashy, scary stuff instead of the real stuff.

Q. How much profit is your book making?

M.M. Now that's the kind of question I like. For me or for Harper Collins? It's making millions for Harper Collins. That's why you're stuck in a theatre in Vancouver, a city this size in this small of a place. I've made them millions of dollars - Harper Collins in Canada and the US. It's the most amazing thing.

They would not send me out here initially. I got a school to bring me to the Portland area. This was a couple of weeks ago. The book is already #1. So, I called Harper Collins and I say, "Listen, I'm going to be

in Portland. Why don't you fly me up to Seattle? What could it be, a hundred bucks from Portland to Seattle?" The publicist at Harper Collins goes, (whispers), "Let me shut the door. Okay, I think I can get a hundred dollar ticket for you. I'll just put it somewhere in the budget, but don't tell anybody."

I said, "Are you in East Berlin? Why are you whispering?" My book is making them millions of dollars. It's bizarre.

Q. Why not go with an independent press?

M.M. Believe me, the Catholic in my head, the nuns have been swimming in there for months now.

I've got sharks in my conscience, you know. "You got exactly what you deserved, Mike. You went to bed with Harper Collins, Rupert Murdoch and you wanted read by millions of people. You could have gone with a small, independent publisher from Ann Arbor, Berkeley, you know. Five thousand people could have read the book. But, no, you wanted it read by millions of people. So, now you're getting exactly what you deserve."

For a long time I believed it was my fault. Anyways, I'll do the math for you. There's over half a million books that I know of that have been sold in the first month. So, that's \$25 US a book. Half goes to the bookstore, half to Harper Collins. I get about \$3.00 a book and I'll see that in six months to a year. So, after paying off the agent and everything else I'll clear over a million dollars on the book.

I'm a dangerous guy to give a million dollars to, because I have very few material needs. It will only give me the freedom to make more films and tv shows the way I want to make them. Every book

"I'm a dangerous guy to give a million dollars to."

that's sold on this tour, whatever my royalty is I'm giving away to various groups and causes that I support. A lot of it's back home in Flint, Michigan - soup kitchens and shelters and things like that.

So, for every \$3.00 that comes to me I'll be giving away \$2.00.

Then I'm going to buy a big fucking yacht!

Q. What about the author who wrote *Favourite Son: The Making of a President*? He didn't do it very well. He

got bumped by St. Martin's Press and he died in a hotel in Arkansas. Could you talk about him a bit?

M.M. The guy who wrote the Bush biography. I don't know much about the story. I know a lot of people know about it and I think the book will live on. A lot of people have read it. There isn't a night that I'm not asked about it, so clearly a lot of people do know.

Is that what you mean? Or am I going to die in a hotel room in Arkansas.

Q. I heard that you almost got arrested at one of your book signings?

M.M. We were in San Diego and I guess the people that rented the place, we went past their curfew. So we were told to leave. I said, "I just have to sign a few more books here." Everybody felt bad and a few people in line started getting kind of ugly because I started to get up to leave. So I thought I'd sit back down and get them done real quick and a few minutes later the police came in and shut the thing down. They said to get out or they'd arrest me and everybody in line. That's one of a number of weird things that happened on the book tour.

Q. The war on drugs and the war on terrorism...

M.M. No. I think they're connected.

Q. Do you think that George W. will be re-elected and, if not, who do you think might run against him?

M.M. I don't think so. I'm hoping the Democrats will call for a special prosecutor on Enron and that will force him out of office along with Cheney. I don't know who could run or win.

Q. You?

M.M. I want to live.

Q. Do you think people are starting to do what you're suggesting in your book?

M.M. Yes. The mail I've been getting about what people are trying to do in their local communities, a number of people planning to run for office. I'm hoping that in any group of people two or three will do something.

Q. Would the US invade Canada if they needed the water?

M.M. Abso-fuckin'-lutely. What kind of question is that? You'd do the same thing.

Q. I was wondering if I could work for you?

M.M. As our receptionist. We only hire

black people now. You have to read the chapter in the book. I stopped hiring white people. They're a total nuisance. Sorry, we've got to undo a big problem.

Q. Do third party candidates stand a chance of getting elected in the US?

M.M. The only way third parties would have any chance in the US is if we change the ballot laws. I encourage people to take over their local Democratic parties and run people. Even Greens. Greens should just go in and take over their local parties, run people, get them elected and change the laws and open up the ballot.

Q. Is there really any hope we can change the system?

M.M. It is turning around. People themselves have already started to turn around. It's up to us to organize them. That's the sad thing. The majority of Canadians probably agree with you on most of the issues that you're concerned about, but there's a lack of leadership in organizing them. If you're sitting around waiting for a leader to rise up and do this it ain't gonna happen. You're going to have to do it yourselves.

Q. What about Harper Collins?

M.M. I doubt I'd ever publish a book with them again.

Q. Where are you going to invest your million dollars?

M.M. I don't invest. I don't own a single share of stock.

Q. When are you and Rick Mercer going to collaborate directly?

M.M. When he apologizes for stealing my material!

Q. What about political contributions?

M.M. Absolutely. There should be no private money in our campaigns. It should be all publicly financed with a brief election period and with every candidate invited to the debates.

Q. What films have inspired you?

M.M. Other than Pee-Wee's Big Adventure? A Vietnam documentary called Hearts and Minds. A Japanese documentary called The Emperor's Naked Army Marches On. Clockwork Orange. There's a whole list.

Q. Are more alternative voices being heard in the media?

M.M. Oh yeah. That's what I'm saying. I think the success of Noam Chomsky's book is a guarantee that his next book is going to get even wider distribution. Phil Donahue is being let back on American television in prime time. An unapologetic Green party Nader supporter is going to have a nighttime show on MSNBC starting in June.

I see this happening quite a bit. That's why I'm saying I'm somewhat optimistic at what's going on. I think people are beginning to see the political shift that's taking place.

Q. Have you received much support on this book from the major American networks?

M.M. I've received none. I've not appeared on a single broadcast network.

That's ABC, CBS, NBC and Fox. With the exception of one show...

Q. Moneyline?

M.M. No. I'm talking about a broadcast network that's in every home. Forty percent of Americans don't have cable. Politically Incorrect, at 1:05 am, is the only time I've been allowed on broadcast television in the US. No morning show, no 11:30 pm show, no PBS, not a single NPR show, no Rosie, no Nightline, no Dateline, no prime time, no nothing. No

"White people scare the crap out of me. This may be hard for you to understand considering that I am white, but then again my colour gives me a certain insight"

review in 95 percent of the American newspapers and it didn't matter - it went to number one without any of them! It just shows how irrelevant they are!

[Moore appeared on the Oprah Winfrey show in October, 2002.]

So now The Today Show finally are going to have me on on Thursday, but only if I appear with a right wing author. Rule number one. Never put me on live. That's their mistake on Thursday morning. (Don't call them up and tell them I said that here in Vancouver.) Should I read from my book now?

Q. Yes! Shhhh!

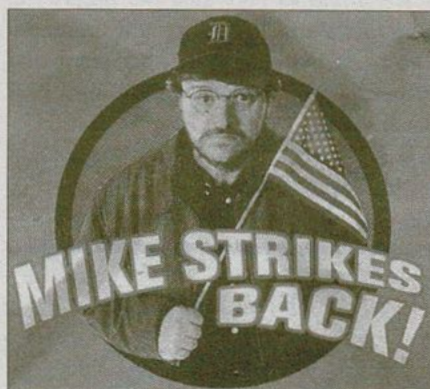
M.M. This is from a chapter called "Kill Whitey." I don't know what it is but everytime I see a white guy walking toward me I tense up. My heart starts racing and I immediately begin to look for an escape route and a means to defend

myself. I kick myself for even being in this part of town after dark.

Didn't I notice the suspicious gangs of white people lurking on every street corner drinking Starbucks and wearing their gang colours of GAP turquoise or J. Crew mauve? What an idiot!

Now the white person is coming closer and closer and then - whew. He walks by without hurting me. I breathe a sigh of relief.

White people scare the crap out of me.



This may be hard for you to understand considering that I am white, but then again my colour gives me a certain insight. For instance, I find myself pretty scary a lot of the time. I know what I'm talking about. You can take my word for it. If you find yourself suddenly surrounded by white people you'd better watch out. Anything can happen.

As white people we've been lulled into thinking it's safe to be around other white people. We've been taught since birth that it's that people of that other colour we need to fear. They're the ones who'll slit your throat.

Yet as I look back upon my life a strange, but unmistakable pattern seems to emerge. Every person who's ever harmed me in my lifetime - the boss who fired me, the teacher who flunked me, the principal who punished me, the kid who

hit me in the eye with a rock, the other kid who shot me with his BB gun, the executive who didn't renew TV Nation, the guy who's been stalking me for three years, the accountant who double paid my taxes, the drunk who smashed into me, the burglar who stole my stereo, the contractor who overcharged me, the girlfriend who left me, the next girlfriend who left me even sooner, the pilot of the plane I was on who hit a truck on the runway, the other pilot who decided to fly through a tornado, the person in the office who stole cheques from my chequebook and wrote them out to himself for a total of \$60,000 - every one of these individuals has been a white person!

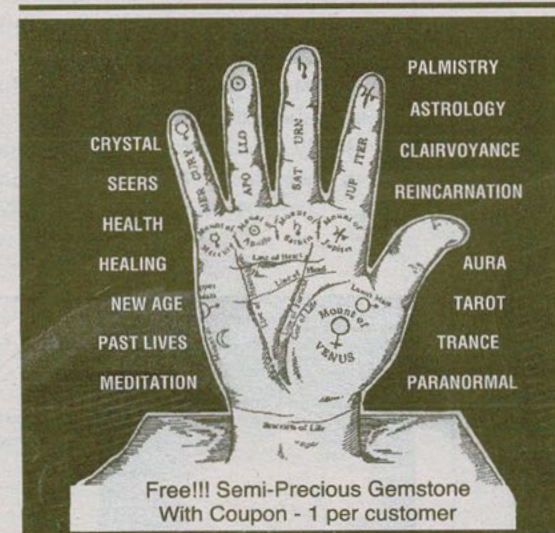
Coincidence? I think not. I have never been attacked by a black person, never been evicted by a black person, never had my security deposit ripped off by a black landlord (never had a black landlord), never had a meeting in a Hollywood studio with a black executive, never seen a black agent at my film or tv agency, never had a black person deny my child the college of her choice, never been puked on by a black teenager at a Motley Crew concert, never been pulled over by a black cop, never been sold a lemon by a black car salesman (never seen a black car salesman), never had a black person deny me a bank loan, never had a black person try to bury my movie and never heard a black person say, 'We're going to eliminate ten thousand jobs today. Have a nice day.'

"I don't think I'm the only white guy who can make these claims. Every mean word, every cruel act, every bit of pain and suffering in my life has had a caucasian face attached to it. So, what is it exactly that I should be afraid of when it comes to black people?"

I look around the world I live in and folks, I hate to tell tales out of school, but

Continued on page 7

THEY KNOW YOU'LL BE THERE!!!



Vancouver's 7th Annual

PSYCHIC EXPO

January 17-18-19

Fri: 4-11pm / Sat: 11am-10pm / Sun: 11am-7pm

Admission \$8.00 - Seniors \$7.00

Pacific National Exhibition

(Garden Auditorium - Gate 2)

Hastings & Renfrew

For Exhibitor Info Call 450-222-1680 or 514-336-9724

Calgary PSYCHIC EXPO - Jan 10-11-12 - Telus Convention Centre
Victoria PSYCHIC EXPO - January 24-25-26 / HOLIDAY INN Blanshard St.

Healing from the Heart

Michael Mahaffey interview by Joseph Roberts

Michael Mahaffey and his partner Nan Monk Mahaffey are co-founders of Cedar Springs Renewal Center, located approximately 90 miles South of Vancouver in Sedro Woolley, Washington. A cancer survivor of nearly 20 years, Michael is a certified marriage and family counselor

Joseph Roberts How did your own personal healing start?

Michael Mahaffey Twenty years ago I was diagnosed with leukemia and told I had thirty to forty-five days to live. That was the most profound thing anybody's ever said in my whole life. I was very in control of my life. Suddenly I got a quick dose of "I have no control." It's a deadly disease. There's no way through it. It was a real eye-opener to say the least - dealing with all the challenges that I had to cope with when I started trying to come alive and to, in fact, renew.

J.R. What got you to the point where you became sick?

M.M. I think the message I was sending my body was that I was in charge of my own world. I could just do whatever I wanted. I was a very selfish person and I think the cells of my body got tired of it. They didn't like hearing that song any more.

J.R. What healing methods did you use?

M.M. Immediately after the diagnosis I exhausted quite a bit of money trying to prove them wrong. Finally I made up my mind I didn't want to die and did conventional medicine. I did massive amounts of chemotherapy and blood transfusions with the specific plan in mind of just getting into remission so I could buy myself time.

I was fortunate and blessed. I got into remission. I was also in Alcoholics Anonymous at the time. There's a part in the Big Book that says absolutely nothing happens in God's world by chance. So I thought, something good must be going to come out of this. I began at that point, dealing with everything that in my mind

stood between me and God. I've been on that same path ever since.

I was made in the image of God, am a part of God, but I've taken in a lot of baggage in my mind to convince me otherwise. So I just started dealing right there and I've been working there ever since and still am, with others as well as myself. It never stops.

J.R. How does the treatment program at Cedar Springs work?

"If you can
get through
chemotherapy and
find your heart,
maybe you can find
quality of life and
healing."

M.M. We put people on a detox program, where we'll teach them how to prepare raw foods, how to detoxify their bodies and deal with their livers and kidneys and spleens. Between those sessions we'll provide them with classes on being their word or taking responsibility for the way they communicate with the six billion cells in their bodies. How do they bring their mind and bodies into alignment and create a rhythm? How do they create the optimum situation for renewal? We work with about fifteen to twenty people in a group setting. Then anyone who wants a more intimate setting can request it.

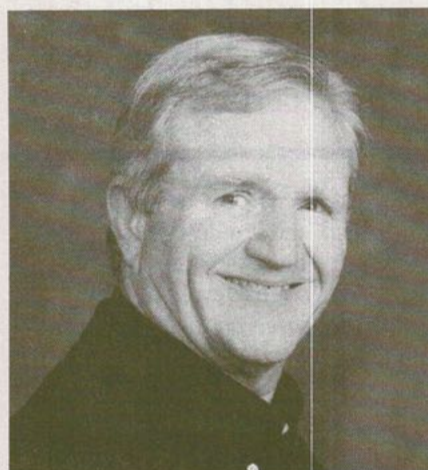
J.R. Do you have staff other than you and your wife?

M.M. There are two women with a lot of experience in raw food. We've got two massage therapists who will be alternating. There's a colonic therapist and a naturopath who does live blood

cell analysis. And we have Cheri Calborn, "The Juice Lady," who travels all over the world speaking about raw food and juicing. That's six full-time staff, including Nan and me, as well as part-time staff.

J.R. So, you work with the best organic food, juicing, cleansing and detoxifying, but how do you work with people's hearts and minds?

M.M. We use Socratic Dialogue, which



is a questioning process. When I was diagnosed, a friend of mine who was an MD came to my house and said, "I don't know that anyone can help you, but I'm going to try to help you the best way I can. I'm going to ask you a few questions: what do you know about cancer?" I gave him an answer. And he asked me the same question again and I gave him another answer.

This went on for four or five minutes until I finally was tired of answering the question. He said his suspicion was that I had not answered the question, that my answers came from my head and not from my heart. So he asked me again.

I almost got angry and dismissed him, but I thought about it and I remember saying very clearly, "God, can you help me come from my heart here." I heard the question again, I started feeling nauseated, I felt my muscles weaken and I collapsed on

the ground, because I knew that cancer killed and I didn't want to die. It was the "I don't want to die" part I didn't want to answer, because I was afraid that if I put that energy out I'd manifest it.

He looked at me and said, "Now, forget cancer for a moment. Somewhere deep in your heart you are on a death path. Is that fair?" I said, "Absolutely. I've never really contributed to life, but there's a part of me that wants to. I just don't know how. I don't know how to be in the world in my heart." He said, "Then that's your path. If you can get through chemotherapy and find your heart, maybe you can find quality of life and healing."

I tell people who come here to make a note of everything that bothers them, or that they don't like, because that's the door in. Deal with all those pieces, all those little issues. Trust that absolutely nothing happens in God's world by chance. God is just as anxious to come alive in you as you are for God to come alive. It's a two-way relationship.

J.R. The strength of your relationship with your wife creates a context for this healing centre to manifest.

M.M. One of the things you get at Cedar Springs is the power of that relationship. I don't mean that egotistically. You get the power of two people who really let go of outcomes when we work. I have to be clear that it's not only me doing the work. I have a partner, and I have to trust that she may see or hear something I don't. It's the same relationship I have with God, which is to trust that every breathing moment God is right there in my life working it out with me. What I find in working with my partner, someone I love dearly, is in those moments of doubt when my mind gets clouded with all the things I know and am supposed to say, my partner is there and has a way of bringing it into balance. That's what a relationship is supposed to be about that, so I am really blessed.

For more information call Cedar Springs Renewal Center at 360-826-3599 or visit www.cedarsprings.org.

Instrumental - Acoustic - Folk - World Music

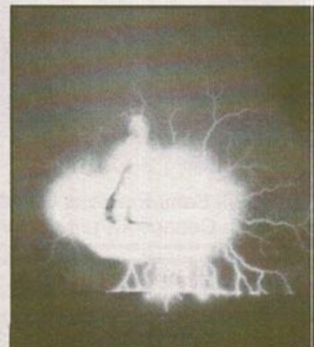


LIGHT DANCE

Contemplate a beautiful tempered CD of original music by Salt Spring Island Artist

PETER PRINCE

Available in Vancouver at:
Banyen Books & Sound
Listen to music samples
and purchase CDs online at:
www.peterprince.com



GET HEALTHY WATER IN YOUR HOME!

Far beyond what any filter can do.
Put New Life Force In Your Water.
Restores and energizes your Water via a double vortex energy field that processes all of your Water.

Vancouver tel: 604-990-5462
Toll free: 1-888-644-7754
Web Site: www.alivewater.net

RESEARCH - FACTS - TESTIMONIALS
- NORDIC LIVING WATER SYSTEMS -
Proven in Europe since 1985.

Homeland Security Scam

by Jim Hightower



There's a rule of bureaucracy that says: When confused, reorganize. The Bushites and the Congress have resorted to this timeworn bureaucratic dodge in a big way. Clueless about how to deal with the threat of terrorist attacks at home, they've reorganized the federal bureaucracy. They've taken 22 existing agencies with 170,000 employees and jammed them into a brand spanking new super-agency they call the Department of Homeland Security, glomming the whole mess together with a \$35 billion annual budget. This is supposed to make us safer?

In fact, even the White House acknowledges that this newly-conglomerated monstrosity will take years to get itself together. From moving furniture to battling over turf, DHS officials are going to be so focused on their shuffling organizational charts that they can't be focused on tracking terrorist threats.

But you'll be glad to know that the Republican leadership quietly slipped some very useful amendments into the DHS bill. Useful to their corporate campaign contributors, that is. For example, GOP majority leader Dick Armey attached a provision that gives blanket immunity to corporations that make faulty bomb detectors, gas masks, and other antiterrorism equipment. Thanks to Dick, victims won't be allowed to sue for injury or death even if the manufacturers intentionally make

defective devices. Hey Dick, how does this help our security?

Dick also used the DHS bill to undo an earlier corporate reform passed by the house. This reform prohibited giving government contracts to runaway corporations—those cheaters that reincorporate as foreign companies setting up phony off-shore addresses so they can avoid paying their U.S. taxes. Without a vote, Armey simply inserted a provision in the DHS bill reversing this reform.

Homeland Security might be a new agency, but it's the product of the same old corrupt politics.

SOURCES:

"Critics Say Security Bill Favors Special Interests", New York Times, 11/19/02. Commentary: "GOP tactics reminiscent of Gingrich days", Austin American-Statesman, 11/19/02. "Senate Votes, 90-9, To Set Up A Homeland Security Dept. Geared To Fight Terrorism", 11/20/02. "Establishing New Agency Is Expected to Take Years and Could Divert It From Mission", New York Times, 11/20/02. "Byrd, at 85, Fills Forum With Romans and Wrath", New York Times, 11/20/02.

Jim Hightower is a Texas-based speaker and author. To order his books or schedule him for a speech, visit www.jimhightower.com. To subscribe to his monthly newsletter, the Hightower Lowdown, call toll-free 1-866-271-4900.

Michael Moore Continued from page 5

it's not the African-Americans that have made this planet just a pitiful, scary place to inhabit. Recently a headline in the front page of the science section in the *New York Times* asked the question, "Who built the H-bomb?" The article went on to discuss a dispute that has arisen between the men who claim credit for making the first bomb. Frankly, I could have cared less because I know the only pertinent answer: "It was a white guy!"

No black guy ever built or used the bomb to wipe out hordes of innocent people, whether in Oklahoma City, Columbine or Hiroshima. No my friends, it's always the white guy.

Let's go to the tote board. Who gave us the black plague? A white guy. Who invented PBB, PVB, PVC and a host of chemicals that are killing us? White guys. Who started every war America has been in? White men. Who's responsible for the programming on Fox? White men. Who

invited the punch card ballot? A white man. Whose idea was it to pollute the world with the internal combustion engine? Whitey, that's who? The Holocaust? That guy really gave white people a bad name. That's why we prefer to call him a Nazi instead of German.

The genocide of Native Americans? White man. Slavery? Whitey. So far this year, American companies have laid off over 700,000 people. Who ordered the lay-offs? White CEOs. Who keeps bumping me off the internet? Some frigging white guy and if I find him he's a dead white guy."

Michael Moore's movie, Bowling For Columbine, was the first documentary in almost 50 years to win a special Jury Award at the Cannes Film Festival. It also won the People's Choice Award for Most Popular Film at the Vancouver International Film Festival, where it was sponsored by Common Ground magazine.



Mansukh Patel is an author, philosopher, scientist and humanitarian. For the past 25 years he has taught Dru Yoga and strategies for positive living all over the world, interweaving his teaching skills with long distance peace walks across Great Britain and Europe. His seminars have been noted as being deeply life-changing experiences.



Louise Rowan is a senior Dru Yoga Trainer, specializing in combining visual imagery with specific Dru Yoga sequences as a powerful tool for self-transformation. Her sensitivity and natural ease make her a gifted and much loved teacher.

Straight from the Heart

An Evening of Spiritual Inspiration

with Mansukh Patel & Louise Rowan

Friday 14th March 7:00pm

Vancouver Public Library,

350 West Georgia \$25

Mansukh Patel & Louise Rowan present a weekend retreat

The Art of Dru Yoga

March 8-9, 2003 Discover Your Self

"Yoga is about discovering your Self. It is a journey that takes us beyond the body and mind into the realm of the heart to find the happiness and freedom we are all seeking."

Mansukh Patel has spent many years teaching people how to discover their greatness. The experiences of his life have given him a deep understanding of the human dilemma and his wisdom, love and compassion have helped many people to turn the challenges of life into great opportunities.

Together with Louise Rowan, who has spent the last 14 years teaching the transformative art of Dru Yoga throughout Europe and North America, Mansukh will share insights into the spiritual laws that help us to discover the depth that lies within us and to bring us closer to recognising the richness of our own spirit.

Limited spaces available. To book call Joan Redfern.

604-915-9280

LifeCanada@canada.com

Life Foundation Canada

Tickets available at Banyen Books

Anyone Can Do Massage...

...and that includes you! Discover the joy that comes from making people feel great. Try this short, affordable certification course in chair massage for general interest or as a career – you'll love it or you don't pay. Classes available throughout British Columbia and Ontario

Get a FREE info package and cassette

Call Relax to the Max

1-800-207-4013

www.chairmassagetraining.com



Volunteers Needed For Asthma Drug Study

We are seeking asthmatic individuals (aged 19 to 40) to be involved in a study of a natural supplement for the treatment of asthma and allergies. This study will require 7 visits to St. Paul's Hospital.

If you are interested or would like more information, please call Sue at 604.682.2344 (local 63283).

This study has been approved by the Providence Health Care/UBC Research Ethics Board.



Holy Family Hospital, Mount Saint Joseph Hospital, St. Paul's Hospital, St. Vincent's Hospitals – Arbutus, Brock Furni, Heather, Langara, and Youville Residence

M28696

Soul Life Readings

THE READING COVERS:
your soul's purpose and mission this lifetime

- talents, abilities
- significant past lifetimes
- blocks preventing expression of your higher self (soul)
- your spiritual guides
- in-depth psychic readings are also available by appointment
- Intuition Day Workshops

Lee Sosnowsky
(604)986-0922

Good Americans In Baghdad

by Ramzi Kysia

"You can't be a pacifist by yelling at your TV set, or forwarding a million emails to everyone you know. Pacifism isn't that passive, it isn't that easy."

I'm in Iraq with a handful of other Americans: Eric Edgin, an Indiana college student; Nathan Mauger, a recent journalism graduate from Washington State; Farah Mokhtareizadeh, a Pennsylvania college student; Jon Rice, a history teacher from Chicago; Henry Williamson, a paramedic from South Carolina; and Joe Quandt, a writer from New York. More are joining us. By the end of October, we'll have over 30 people on our team. By December, our numbers will be over 100. We're here to tell the stories of the Iraqi people; to put our lives on the line to stop this war.

Living in Baghdad, you wouldn't know there was a war. The streets bustle with people on their way to work or school. In the evenings the parks are full of kids playing soccer, people visiting with family and friends. There are no tanks in the streets, no soldiers marching, no civil defense drills, and—other than foreigners like us—no one here seems to be stocking up on food or water. Is it denial? Disbelief? Some inner despair? I honestly don't know.

It's painful that Baghdad is so beautiful. There's a unique and striking blend of traditional and modern architecture. I love the city's parks, its wide, tree-lined boulevards—each avenue sprouting date palms and poplars. This is truly a green city. I told a cab driver that Baghdad was a beautiful city. He just looked hard at me. "No," he said, "Baghdad is not beautiful. Baghdad is tired."

We hear it over and over again—just below the surface—a melody of melancholy, resignation, and fear. People quietly complain, "What more can America do to us?" We visit a high school, and the kids want to make absolutely sure we really understand that they're not natural-born killers or terrorists. A teacher lets us know that his 8-year-old asks him every day if today's the day he's going to die.

Ask an Iraqi about "liberation," and they'll laugh at you. It's bitter mirth. If the U.S. doesn't bomb the civilian infrastructure again, and if the government falls fast, and if the army doesn't break up along ethnic and religious lines—then only a few thousand innocent people will be killed when George Bush starts his war. But if Bush bombs the water and power systems like his dad did in '91, tens of thousands will die from the resulting epidemics. If the army falls apart, there could be a civil war that makes past conflicts in Lebanon or Bosnia look like schoolyard brawls. And if food aid distributed by the Iraqi government under the

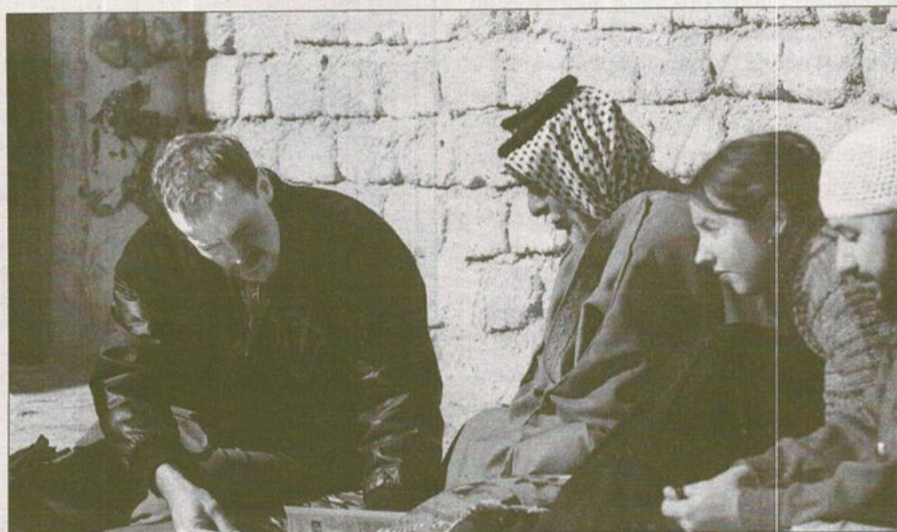
Oil-for-Food program is disrupted for more than a few weeks, UNICEF is warning there will be country-wide famine.

When will Americans wake up to the fact that we are not the only real people on this planet; that our security cannot depend on the insecurity of everyone else?

George Bush seems to be living out some comicbook fantasy, never sure of whether he's really the President, or just Alfred E.

it strikes some as hypocritical for us to be here as pacifists, I can understand that. But it strikes me as much more hypocritical to speak out against a foreign government for killing innocents—while facilitating the killing of countless more by our own government through our silence and our tax dollars. We apologize for no one but ourselves.

According to Human Rights Watch, Iraq



Harbi Jawair (2nd from left) with Voices in the Wilderness delegates Mike Miles, Caoimhe Butterly and Ramzi Kysia in the village of Toq al-Ghazalat, about 2 hours southwest of Baghdad. Lloyd Francis photo.

Neumann doing a poor impersonation. Donald Rumsfeld angrily denounces Iraq for having an "insatiable appetite" for weapons. This from a man whose budget for war is over 50 times the size of Iraq's entire economy. And Colin Powell criticizes the UN for forging an agreement to return weapons inspectors—four days after Bush demanded that the UN do it or become "irrelevant."

Have we failed to notice that the inmates are now running the asylum?

Some accuse us of being "fools" or "apologists" for the Iraqi government. We don't often have the opportunity to speak with officials here, but when we do we always raise concerns about prisons,

has roughly 3,000 extrajudicial killings a year. According to UNICEF, U.S. policy kills over 50,000 Iraqi children every year. Both are terrible. They aren't equivalent.

My government may not care, they may be intent on war no matter what, but I refuse to be "irrelevant." I'm here. I choose to believe that if Americans knew what was being done in our names, we wouldn't allow it. The alternative is madness.

It's disgusting that millions of people being threatened with massive destruction isn't "news," and Americans joining them is. But if the only way to get anyone to pay attention is to be in Baghdad when the bombs fall, so be it. We're here.

Our hotel isn't fancy, but at least it isn't

We're volunteering with NGOs already working in Iraq, and we're doing regular writing and journaling. Some of that writing will be carried in alternate media and small-town papers, and, even after the U.S. destroys the electricity and phone lines, we'll get reports out through the local press center on a satellite phone. We won't let folks back home forget the human consequences of what they do here. Milan Kundera once wrote, "The struggle of man against power is the struggle of memory against forgetting." We're here to be part of that struggle.

Mohammed Ghani Hekmat is perhaps the most prominent artist in Iraq, and one of the kindest men I've ever met. His sculptures decorate the country. He's proud to be the first Muslim artist ever commissioned by the Vatican. In 1991, he was working on a series of life-size reliefs of the Stations of the Cross, when the Gulf War happened. The windows in his studio were blown out by the explosions. We asked him what he thought of the American people, and his voice filled with anger: "They're innocent," he accused, "Innocent! Like children."

We're here because we know we're not innocent. Being here is our part in the war against terrorism: humanizing Iraqis in the eyes of Americans, humanizing Americans in the eyes of Iraqis—taking direct responsibility for what's done in our names.

Our government, our country—our people—have killed hundreds of thousands of human beings in Iraq since 1990. We're about to compound that atrocity with another war that, if it goes badly, will likely kill hundreds of thousands more.

In 1945, when the Allies liberated the death camps, the entire Western world was absolutely shocked. We asked, "how could this have happened? How could the German people have allowed this? Where were the 'good' Germans?"

Today, I know where the good Americans are: they're in Iraq, and they're organizing in the streets of America—laying their entire lives on the line to prevent the mass destruction of human life.

We get what we pay for in this life. I don't want to die. I am scared for my life. But this storm is fast upon on us. This is the moment when we all must ask—what are we willing to risk for peace?

Ramzi Kysia is a Muslim-American peace activist, working with the Education for Peace in Iraq Center. He is co-coordinator of the Voices in the Wilderness' Iraq Peace Team (www.iraqpeaceteam.org), a group of American peaceworkers pledged to stay in Iraq before, during, and after any future U.S. attack. The Iraq Peace Team can be reached at ivoices@uruklink.net

"I'm in Iraq with a handful of other Americans ... to put our lives on the line to stop this war."

extrajudicial killings, and state-directed violence.

That isn't to toot our own horn. Our status as Americans gives us this luxury, in a way that Iraqis do not have for themselves. That's uncomfortable and troubling, and if

close to anything "strategic." Our risks are the same as the other 5 million people in Baghdad, the other 24 million people in Iraq. As our team's numbers grow, we'll turn the hotel into our own hostel—living 5 or 6 to a room.

Ear To The Ground

Activist News by Charm Maryea

Big Changes in Vancouver Government

Congratulations to Larry Campbell (Vancouver's new mayor) and the rest of the COPE team, including David Cadman (see last month's CG article "Political Compassion" p8) who scooped a whopping 8 out of 10 seats on City Council. Congratulations also to Peter Ladner (NPA) of Business in Vancouver fame and Sam Sullivan (NPA) who scooped the other two. Visit www.cope.bc.ca, www.city.vancouver.bc.ca or call: 604-255-0400 for more info.

Canada's First Green School Trustee

Green School Trustee, Andrea Reimer was elected in civic elections in BC, on Saturday, November 16th and more Green votes were cast for Council, School and Parks, than ever before, confirming the growing support for Greens in Vancouver. www.vangreens.org or call: 604-684-5535

Vancity \$1 Million Award

VanCity's second annual award of \$1-million towards non-profit initiatives went to Vancouver East Cultural Centre for its proposal to renovate and restore its facilities. After 30 years, 1.5 million visitors and 7,500 performances, centre executives say "the Cultch," one of this region's treasures, needs some much needed upgrading.

Unfortunately, the Co-operative Auto Network, a not-for-profit car sharing organization, that helps to eliminate some of our pollution and traffic problems, was only runner-up. They proposed to expand their car sharing program to include 30 electric hybrid cars, as well as a "station car" program for transit-poor areas. For more information call 604-685-1393 or visit their website: www.info@cooperat iveauto.net. One idea for next year's \$1 million might be to award \$1/3 million between the final three.

Forest Friendly Paper

Staples, the largest and fastest growing office superstore in the world, announced that it would meet demands to move towards forest friendly paper sales. After a two-year effort by The Paper Campaign, a coalition of dozens of citizen groups dedicated to greening the paper marketplace, (led by ForestEthics and the Dogwood Alliance) Staples finally committed to achieve an average of 30% post consumer recycled content across all paper products it sells. Also to phase out purchases of wood products from endangered forests, such as the Canadian boreal forests and British

Columbia's old-growth forests, and create an environmental affairs division reporting annually on its environmental results.

The Paper Campaign is now calling on other retailers, such as Office Depot, Office Max and Corporate Express to meet or beat Staples's commitment for environmental paper standards improvements. Contact: ForestEthics 250-422-3031 or visit www.ForestEthics.org and www.ThePaperCampaign.com

Granville Island Public Market

Great Markets Great Cities award for major public markets in North America recognized Granville Island Public Market with a prestigious award of merit for its significant contribution to the social, economic and environmental health and well-being of its city. Granville Island Public Market was the only market in Canada to win an award. Visit Granville Island's www.granvilleisland.com or call: 604-666-5784

Internationally Organic

An Italian study conducted by the Istituto Nazionale di Ricerca per gli Alimenti e la Nutrizione, has found organic pears, peaches and oranges have higher levels of antioxidants than their conventional counterparts.

The Ritz in London, England, has become the first hotel there to offer certified organic meals.

Organic farmers in Ontario have reported that pollen from neighbouring genetically engineered corn has contaminated their crops.

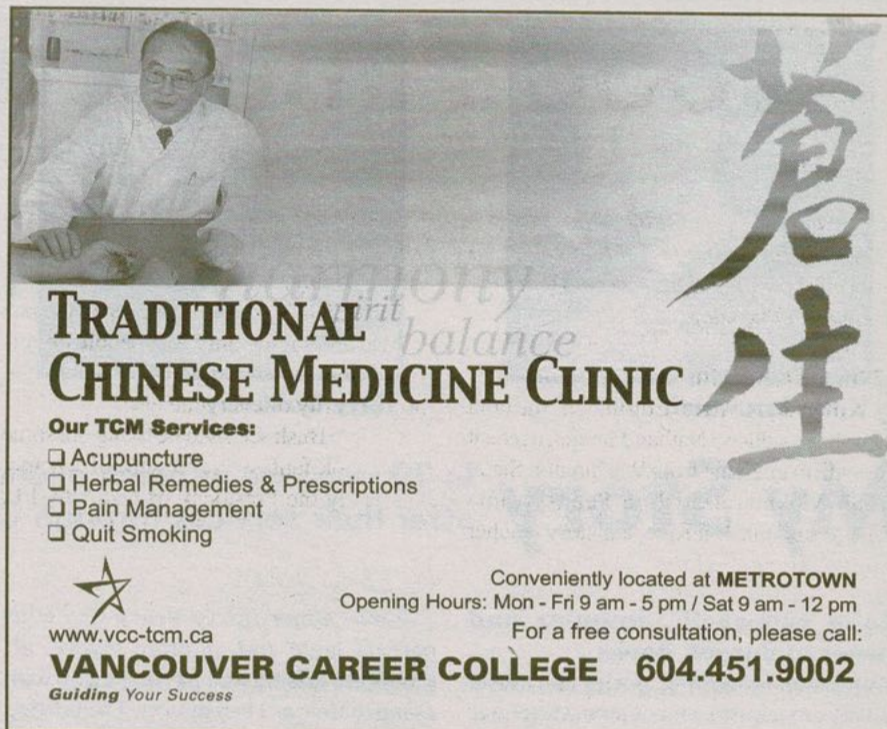
Real Mealz, a chain of organic fast food, restaurants, is being launched in the Netherlands and Germany.

In Argentina organic farmers have increased from 220 in 1995 to over 1,500 in 2001, with areas reaching 3 million hectares in 2001. Argentina exports around 90 per cent of its organic produce mainly to the US and EU.

In India, The Indian Ministry of Agriculture has recommended that state governments earmark 50% of the farmland under government control for organic farming. Already, the Madhya Pradesh government set aside half of its farmland for organic farming and identified a village in each block as an organic farming village.

In Mexico up to 75 per cent of costs for organic certification, will be refunded under government efforts to stimulate trade in organic products. Contact: Organic Trade Association 413-774-7511 website: www.ota.com or www.theorganicreport.com (Check out their Organic Gift List).

Continued on page 29



TRADITIONAL CHINESE MEDICINE CLINIC

Our TCM Services:

- ☐ Acupuncture
- ☐ Herbal Remedies & Prescriptions
- ☐ Pain Management
- ☐ Quit Smoking

www.vcc-tcm.ca

Conveniently located at METROTOWN
Opening Hours: Mon - Fri 9 am - 5 pm / Sat 9 am - 12 pm
For a free consultation, please call:
604.451.9002

VANCOUVER CAREER COLLEGE 604.451.9002
Guiding Your Success



NUTRITIONAL WELLNESS ACADEMY

Offering exceptional nutritional programs by distance learning

- **Nutritional Product Consultant:**
a 12 Week, certificate course specifically developed to better equip the retail sales person working in today's natural health food store.
- **Applied Family Nutrition:**
Eager to learn! In this course you will learn the benefits of natural nutrition on optimum health... for yourself and your entire family

For a free brochure call:
1-250-704-1184
1-888-658-8302
nutrition@pacificcoast.net



BECOME A COUNSELLOR

• **MONTHLY START DATES •**
Info Sessions:
Wednesdays at 11:00am
2206 Main Street, Vancouver
Graduates have specialized in:

- Youth Outreach
- Loss and Grief
- Employment Counselling
- Eating Disorder
- Addictions
- Aboriginal Counselling
- and more...

Funding:
HRDC, WCB, Student Loans, Band Funding, Scholarships

On Campus or Correspondence Study
Call now for your FREE Catalogue:
1-800-665-7044 or 604-687-4224

COUNSELLOR TRAINING INSTITUTE
Since 1985 Dr. Dale Brooks, PhD, RPsych, Pres.
"Making Counselling Skills Public Knowledge"
www.counsellortraining.com



Groovy gifts for all!

FABRICS

- Cottons
- Organics
- Upholstery

ACCENTS

- Candles
- Glassware
- Bath

YOGA & MEDITATION

- Bolsters
- Mats, etc.
- Videos

BEDDING

- Naturals
- Organics
- For Baby

CUSTOM & READYMADE

- Cushions
- Drapery

• Yoga Products
• Home Decor Accents
DREAM DESIGNS CO. LTD.
'Your natural lifestyle store'
956 Commercial (@Parker)
604•254•5012 or 800•663•5012

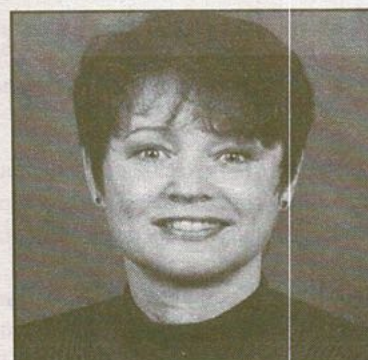
• Luxurious Bedlinens
www.dreamdesigns.ca



Kolin Lymworth



Terry Galloway



Linda Sedesky



Bea Rhodes

My Story

In 20 years we've come a long way together. To mark our anniversary year, people who offer their services through Common Ground talk about the inspiration for their work.

Kolin Lymworth, founder and owner of Banyen Books

My passion for writing, poetry and music as ways to express and communicate our human visionary capacities and insights was ignited by some illuminated journeys of my youth. I met teachers from various spiritual traditions, experienced firsthand their healing and life-giving presence and was inspired by aspiring yogis, meditators and earth lovers of all kinds. Allured by the eco-spiritual vision of an awakening humanity, I spent six months in India studying meditation with Kirpal Singh in '69-'70, and that, combined with a missionary zeal for natural foods (my father and grandfather were bakers in Vancouver and I had worked at the legendary Golden Lotus restaurant at 4th & Bayswater) led me to visit Berkeley, where in the then-new Shambhala Bookstore the possibility of opening a

"I hope 'the banyen tree' can be a place where we all can meet in peace, in openness, and in healthy dialogue—toward a world shared with respect and good heart."

bookshop-oasis dawned upon me.

I spent many months bugging everyone I knew: "Which are the best books on earth? Why? Which are the truly useful texts and teachings?" I combed the shelves of bookstores in North America and India, making notes. I was wide-eyed and twenty-one. It was early December of 1970 when Banyen Books first opened its doors in a wee cubbyhole on West 4th across from where the Naam Restaurant is now. I put a hand-drawn ad in the *Georgia Straight* that just said "OPEN" above a mandala of the Wheel of Life. A few months later *Be Here Now* was published, and a generation of spiritual seekers—and inspired publishing—was well on its way.

Now, some thirty years on, with parents gone and children grown, all things are arising and passing away with as much love as I can muster. The healing practices are increasingly well-rooted in the mainstream of the culture now, and Banyen Books (with the incredible help of so many folks who have worked here over the decades) has grown to offer over 20,000 of the most beautiful and inspiring books on the planet, as well as offering a caravan of heart-opening music, altar goodies, yoga supplies, and "tools for being and blessing." I take particular pleasure in our continuing to offer the seeds of the perennial wisdom traditions of humanity. I hope "the banyen tree" can be a place where we all can meet in peace, in openness, and in healthy dialogue—toward a world shared with respect and good heart.

In February 2003, Banyen will move to our own building, the "Earthnest," on the southwest corner of West 4th Ave. and Dunbar, one block east of Alma, where we are planting the seeds of a new oasis, which I hope will serve our community for many seasons to come.

Terry Galloway owns Qualicum Beach Spa Retreat.

The event that motivated me to build Qualicum Beach Spa Retreat was both tragic and catalytic. I contracted an *E. coli* bacteria, and I lived with a constant life threatening condition that worsened each day.

During a visit to a Chinese doctor, he took my vital signs and said, "I'm not going to treat you because if I do you could get worse and you can't get any worse." He asked, "Do you feel like you're going to die?" I said, "Yes." He said, "You are and you haven't much time so you better go home and you make a decision."

A life changing moment. After two years of isolation and illness, healers began to appear. Within a year I was back in the game of life.

Having been laid up for a long period of time my muscles and joints were malfunctioning. I could not walk a

hundred feet on my own. My massage therapist worked diligently through pain and tears. Through my struggles to get well I learned how profoundly life changing and seemingly miraculous massage therapy could be.

Hooked on miracles, I started off for massage therapy school.

Two and a half years later, nearing the end of an arduous course someone asked, "What will you do when you finish school?" I replied, "I'm going to move to Qualicum Beach and open a health spa where people can come and binge on treatments." It was the first time I had thought of it. I now had a goal.

Seven years later, I own a spa in Qualicum Beach. I love the space I work in, and I am privileged to see the miracles that take place in peoples lives. The inspiration that started me on this path is what inspires me to continue in my work. Many of my other dreams have come true. I have a boat that I use to take people cruising when they come to stay at the spa. I live in one of the most spectacular places in the world, and I see it all.

Linda Sedesky is a healer, teacher and author.

A decade ago, I was your typical "Type A" personality, living life in the fast lane and responding to pressures in my environment. I was (and still am) married with two children. Over the years, I worked in office and retail environments, and owned and operated my own business. I lived my life based on other people's expectations. I thought that life was as it should be.

Then I developed a physical condition that would not go away. None of the doctors and practitioners I visited knew how to get rid of it. Being a seeker by nature, I was not satisfied with this, and embarked on an inner search to discover the emotional root of the ailment. I began to ask questions of myself, and I would always receive answers. I quickly discovered a healing power within me that I never knew existed!

As I opened up to more and more of my truth, I began to receive guidance from

the Angels. At first, I would hear "Heal with your heart" and "Love heals". Then it was "Honour the self and all others." As my understanding grew, so did their messages of love. I learned how to ask the deeper questions in order to get the answers I needed. I began to see that we are the source of our own healing, and that we heal through the intention to love. The

"I began to see that we are the source of our own healing, and that we heal through the intention to love."

Angels taught me that forgiveness is the root of all flowing love. I now understand how to see through to the truth of all things (Believe me, things aren't always what they appear to be!)

I realized that sharing these powerful truths was part of my journey, so in 1996, I began to teach what I had learned. In 1997, I was inspired to begin documenting the processes of my profound inner journey. In the three books I have since written, I share the powerful insights that have brought me to where I am today.

Since embarking on this healing journey, my life has changed dramatically. Now, I am calm and have peace of mind. I have taken ownership of my life. I am no longer driven by external needs. While I am comfortable in my own skin, I am still driven to grow and learn, to uncover more wisdom. The more I understand, the more I know what there is to know. And I continue to "shine the light" so that others may see.

Bea Rhodes, M.Ed. is the founder of Rhodes Career College

It was May, 1995 and at only 37 years old I had the world by the tail. I was married to the man of my dreams, who had just agreed to have a baby with me. I was running a highly profitable life skills

Continued on page 29

Organic Natural Fibres

While clothing crops pollute the environment, we are slowly adopting healthier alternatives, reports Iva Cheung

When you hear the term "organic," odds are that you'll probably think of food rather than clothing. However, the cultivation of natural fibres – cotton in particular – is arguably the most pesticide-intensive sector of the agricultural industry. Conventional cotton farming is responsible for 10 per cent of pesticide use and 25 per cent of insecticide use worldwide, due to the crop's need for defense against a host of natural enemies, including the destructive boll weevil, the cotton bollworm, and the aphid.

The organic fibre market is growing, but not as quickly as organic foods, which have found their way from a few isolated shops to mainstream supermarkets within the past couple of years. Finding retailers of organic cotton, wool, or flax linen in the Lower Mainland still requires considerable effort. This disparity between the availability of organic fibres and organic foods is likely due to the fact that the connection between the field and the final product is far less tangible for fibres; after all, processed cotton fabrics look virtually nothing like the harvested raw crop. It's also much easier to overlook or trivialize the use of chemical agents on fibre fields simply because we don't have to worry about ingesting them, although that is in itself a misguided perception. In fact, cottonseed and linseed oils are used frequently in processed foods, in addition to soaps and other beauty products, and cotton gin by-products are used as animal feed. What's sprayed on the fibre fields does eventually end up in the food we eat.

Evidently, however, the concern over organic versus conventionally grown fibres lies not in the potential of toxic residues in the final consumer products. Rather, it's in the ecological impact of synthetic pesticides and fertilizers being introduced into the environment. There are, of course, the obvious consequences of pesticide use: death to wildlife and illnesses ranging from respiratory and skin problems to infertility and cancers in farm workers and local residents. Beyond these effects, however, the abuse of chemical insecticides on cotton and flax fields has on several occasions ironically led to the very effect the chemicals were trying to prevent.

For instance, throughout the United States and in Nicaragua, the use of insecticides in an effort to eradicate the boll weevil inadvertently eliminated a number of species of beneficial insects which help to keep the number of pests

under check. This led to an explosion in the population of pests generally considered more minor, including the aphid, which ravaged cotton and many food crops. In Uzbekistan, irresponsible irrigation and fertilization have left once thriving cotton and linen fields completely barren, and incapable of supporting crops of any kind.

To cut down on the amounts of herbicides, insecticides, and fertilizers used, many conventional cotton farmers have turned to transgenic cotton. As a consequence, an estimated 50 per cent of North American cotton is genetically modified, which is just as unacceptable an alternative as pesticide-sprayed fibres to most organically-minded consumers.

Certified Organic farms can neither use GMOs nor synthetic chemical agents. Organic cotton and linen farmers

before organic cotton can be sent through, and this added effort, compounded with decreased yields, translates to added costs for the consumer, which is not unfamiliar to most shoppers who buy organic. The increase, however, is only slight. At Mountain Equipment Co-op, for instance, a 100 per cent organic t-shirt is available for a mere \$13.

Those suffering the most in the organic market, then, are the cultivators in the midst of converting their farms from conventional to Certified Organic, which entails a lengthy process that ends in certification only after three years. During that transitional period, farmers have to bear the burden of losing a considerable part of their investment, since they are forced to farm organically, but can only sell their products at the lower prices of conventional crops.

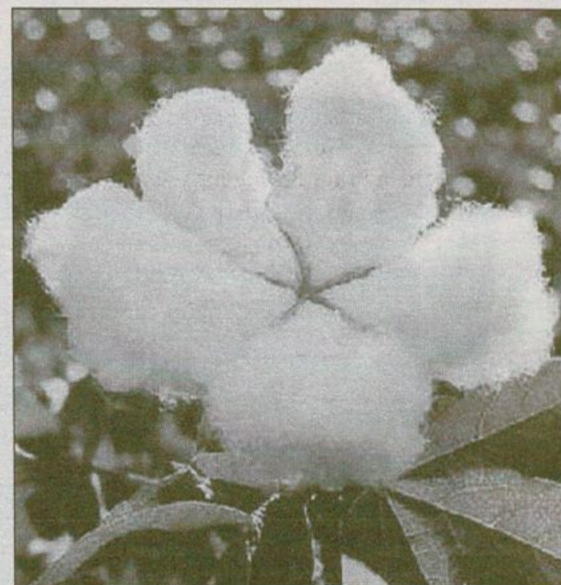
my research are listed below. Organic linen is virtually impossible to find, and organic wool, sheared from sheep which have grazed only in chemical-free fields and which haven't been fed antibiotics, seems the most elusive of all.

Hemp, on the other hand, though politically provocative, is a viable alternative to all three, since it produces high yields and a variety of useful peripheral by-products, including soap, paper and even plastic, with absolutely no help from pesticides or fertilizers. Clothing and accessories produced from industrial THC-free hemp is slowly growing in both popularity and availability.

Of course, cultivating organic fibres is merely the beginning. The responsibility falls upon the conscientious consumer to follow the chain of production all the way

"throughout the United States and in Nicaragua, the use of insecticides... led to an explosion in the population of pests"

Cotton farming accounts for 25% of insecticides used worldwide.



are forced to rely on crop rotations and legume cover crops such as fava beans to enrich the soil with nitrogen, and on distraction crops such as corn to attract pests away from the developing cotton and linen. Organic cultivators have to weed their fields manually, use manure as fertilizer, and make use of beneficial insects such as the ladybug or *Catolaccus grandis* to control aphid and weevil populations. Despite these measures, their final yields are still generally lower than conventionally cultivated cotton fields, due to the added investment of land and labour resources.

Following harvest, the organic crop is processed separately from conventionally grown fibres, to avoid contamination. The machines used to gin, clean and spin cotton have to be entirely cleaned out

The key to encouraging more farmers to turn organic might be to generate a niche market of transitional cotton and linen, and to steer consumption towards garments made from a blend of organic and conventional fibres.

Yet, even when we are prepared to face the additional costs in order to buy organic fibres, finding them presents another roadblock. Despite a handful of large corporations such as Nike and Patagonia committing to blending organic cotton into their merchandise, most manufacturers haven't followed suit. Although it's not too hard to buy organic cotton on-line, there appear to be frustratingly few shops retailing organic cotton clothes and accessories in the Lower Mainland. The few that I did manage to find in the course of

to the final product to make sure that the fibre has been processed in a way that doesn't undermine all of the effort that went into producing the organic crop. Ethical ginning, spinning and weaving, and environmentally friendly bleaching and dyeing are examples of features that a Certified Organic garment might not guarantee. However, choosing organic over conventional fibres is a significant first step to encouraging environmentally responsible and sustainable agricultural practices that will hopefully see organic fibres move from the fringe to the mainstream much like their edible counterparts.

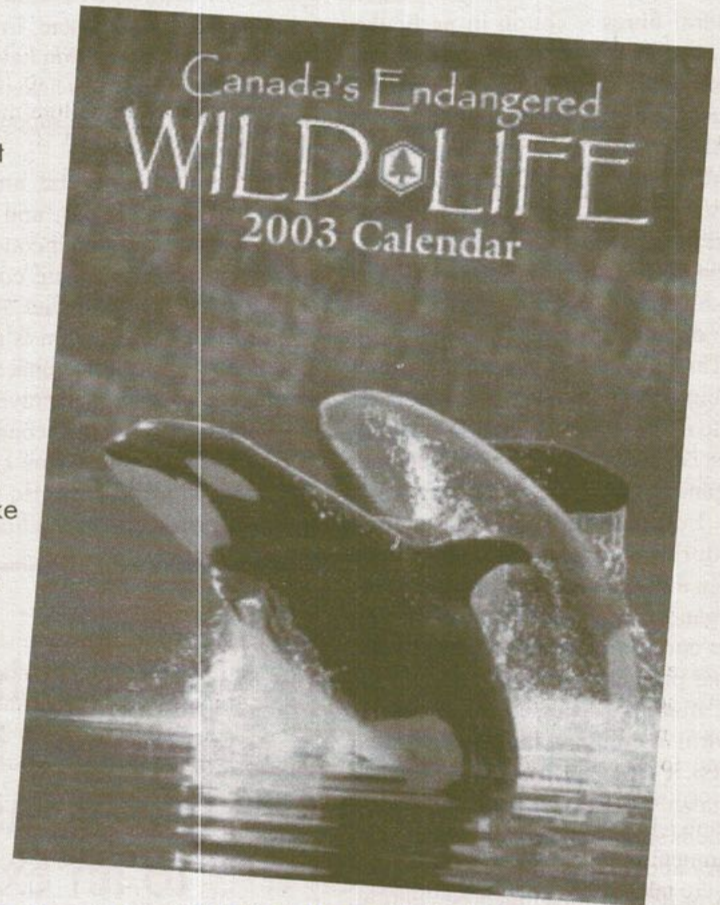
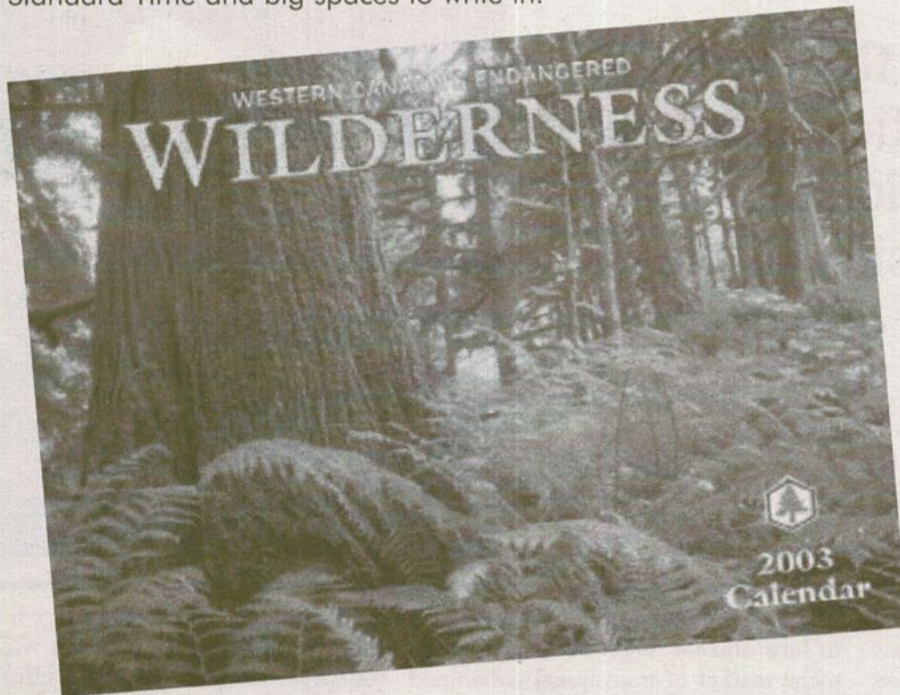
Iva Cheung is a Vancouver-based freelance writer who focuses on community, health, and environmental issues. For list of organic fibre retailers see page 39.

Western Canada Wilderness Committee's Endangered Wilderness and Wild Life 2003 Calendars

Our calendars are a tradition in over 30,000 homes across Canada. For 23 years our calendars have made fabulous gifts and helped to save Canada's endangered species and wild places.

These 2003 calendars help the Wilderness Committee educate people about the dozens of campaigns to protect ecologically significant wilderness areas and the wildlife that live there. Each month displays a spectacular photo of species at risk or an area under threat along with a map and short description.

The **Western Canada Endangered Wilderness** 2003 calendar (12.5"x19" fully opened) features areas such as Cinnabar Basin in the South Chilcotins, the ancient rainforest in the Upper Walbran Valley and the beauty of Whiteshell Provincial Park in Manitoba. **Canada's Endangered Wild Life** 2003 calendar (9.5"x 25" fully opened) displays incredible images including the little flammulated owl, the soft shelled turtle, the eastern hog-nosed snake and monarch butterflies, all species that are listed "at risk". Both calendars have lots of special conservation dates to remember, moon phases in Pacific Standard Time and big spaces to write in.



ORDER ONE, THE PAIR or MORE

#3535 2003 Western Canada Endangered Wilderness Calendar	\$12.95
#3536 2003 Canada's Endangered Wild Life Calendar	\$12.95
The pair (one of each calendar)	\$18.50

Buy calendars as gifts!

Five calendars (mix and match)	\$43.75
Ten calendars (mix and match)	\$82.50
Twenty-five calendars (mix and match)	\$162.50

We also have wilderness and wildlife greeting cards and beautiful books and posters for sale!

The Wilderness Committee is now the largest membership-based wilderness preservation organization in Canada.

Become a member today and help with our wilderness saving work.

Members receive one of our calendars, information bulletins, action items and 10% off all product

www.wildernesscommittee.org



Our **RAINFOREST STORES** have many other great gift product items including special coffees, mugs, hiking and research books, t-shirts and lots of locally made crafts.

Victoria: 651 Johnson Street

Vancouver: 227 Abbott Street in Gastown

To order a free catalogue call the Wilderness Committee 604-683-8220 or email info@wildernesscommittee.org

Outside Vancouver Toll Free 1-800-661-9453



Science Matters
by David Suzuki

Backlash Against Waste

The decade for the environment may have turned out to be quite the opposite, but it's not too late to turn this one around. Back in the early 1990s, environmental concerns topped the polls. Everyone, it seemed, was worried about the impact of human beings on the biosphere. It was as though the collective inertia of decades of unchecked industrial growth had suddenly caught up to us. When we stopped to take a breather, we realized there were consequences to all our actions – pollution, global warming, habitat loss and species extinction to name a few. We saw that our species had the power to alter the very systems that sustain life on Earth. And it scared us.

Unfortunately, it didn't penetrate our lifestyles. We did make some strides – we phased out ozone-depleting chemicals and started recycling and reducing some air pollutants. The problem was, once we made a few changes, we reverted to assuming everything was fine. Corporations and governments all developed bureaucracies focusing on environmental problems and we thought they were taking care of things for us.

That made us all feel better, but it blinded us to other growing problems. Many of the well-meaning people who were putting out their blue boxes once a week then walked across their driveways to get into massive SUVs to drive to work – alone.

Most didn't even recognize this as an environmental problem. They felt they needed a vehicle and SUVs were big and looked safe. SUVs also looked like they could take people out to the wilderness in complete comfort. Who wouldn't want that?

Automotive manufacturers took advantage of this fantasy by using beautiful natural imagery in their commercials and advertisements. And boy were they effective. By the late '90s, the majority of cars hitting the roads of North America weren't cars at all, but "light trucks" – a government classification term used to describe everything from pickups to SUVs and minivans.

This classification provided a convenient loophole for vehicle manufacturers. Light trucks are exempt

from stricter "passenger vehicle" fuel-efficiency regulations, so they could burn more fuel and pollute more. Why? Because in the late 1970s automobile manufacturers lobbied for the measure, originally as protection against more fuel-efficient competitors from Europe.

At the time it didn't seem to be a big deal. Back then pickups were largely for farms and industry, and no one had heard of SUVs. That would change as the auto industry found they could make enormous profits by slapping a passenger-vehicle type of body on a truck frame powered by an old-technology gas-guzzling engine. Toss in a dozen cup holders and leather seats and dealers couldn't keep them in the showrooms.

So a loophole combined with effective advertising created a fad that led to a decade of massive growth in greenhouse gas emissions in the transportation sector. Air pollution and smog, which had been slowly shrinking in the late '80s thanks to better fuel efficiency regulations for cars, is once again choking our cities. We're back where we started. Or worse.

But change is afoot. Led by California, the pressure is on to update our antiquated fuel-efficiency regulations. And the charge is no longer being championed by just environmentalists. Average people are beginning to realize how wasteful large SUVs are. The "backlash against

SUVs" even recently made the front page of *USA Today*. People are beginning to see them as big, dirty, safety hazards. If that's the case and tastes are changing, do we really need improved regulations? Well, it would hardly be prudent to leave the fate of our health and well-being to automotive fads. Fuel efficiency is simply not a priority for manufacturers. In fact, the coming 2003 vehicle fleet on average actually burns more gas than 2002 models. Better regulations to reduce greenhouse gases and smog are thus urgently needed. Let's call a car a car and a truck a truck, and bring fuel efficiency standards up to date.

To discuss this topic with others, visit the discussion forum at www.davidsuzuki.org.

It's Banyen's last Christmas on Broadway!

We want to invite you over to our place to enjoy the magic of Banyen Books. We're marking our 32nd birthday this year, and as our block is being bulldozed next year for something new, we are moving in mid-January to the corner of 4th and Dunbar. We're renovating a fine old building there, which we're calling The Earthnest. We've stripped its 1948 ground floor down to the skeleton and now the new walls, windows, arches, and aisles are coming into form. We will close about January 15, and re-open the new store by February 1. We hope to see you there. Our new address will be 3608 West Fourth Avenue, Vancouver BC V6R 1P1. Our phones, emails and website remain the same.



The autumn rains have come, and as the season darkens let's kindle our heart fires to connect and *en-joy* each other.

Banyen, of course, has much to offer you in this regard:

- The Latest BOOKS on Spiritual Traditions, Healing Arts, Psychology, Earth Wisdom and Eros
- World MUSIC for warming heart & soul
- YOGA & Chi Gung Books-Props-Videos
- Altar items, Buddhas, Thangkas, Rupas
- SACRED ART cards/prints
- 2003 CALENDARS
- Tools for Being & Blessing
- MEDITATION cushions/seats
- Incense, Smudges, & Candles
- TAPES & CDs for Healing and lots more... and more...

BANYEN BOOKS AND SOUND
2671 West Broadway books 604-732-7912 sound 737-8858
open Mon-Fri 10-9 Sat 10-8 Sun 11-7 www.banyen.com

OUR PROGRAMS ARE A STROKE ABOVE THE REST!



YOU AND YOUR CHILD WILL
LOVE THE AQUAVENTURES
EXPERIENCE... WARM 90°F
WATER, EXCEPTIONAL
TEACHERS, AWARD WINNING
CURRICULUM ALL IN OUR
CUSTOM-BUILT AQUATIC
EDUCATION FACILITY



AQUAVENTURES SWIM CENTRE
1630 WEST 5TH AVENUE (5TH & FIR), VANCOUVER
PH: 604-736-SWIM (7946)

A VANCOUVER "SWIMSATION" SINCE 1984!

December Movie Reviews

Films Worth Watching by Robert Alstead

**Free Acupuncture/Acupressure** First Treatment Only

Treat muscle tissue pain, back pain, arthritis, tendonitis, and sports injuries. Allergies, insomnia, cancer, smoking, skin problems and other serious conditions.

Dr. Zhong got an acupuncture diploma in US and license in Idaho and Colorado. He is a well-know TCM doctor and Qigong Grand Master. Some staff are BC-registered. Hundreds of testimonials coming from doctors, specialist and patients. Over one hundred papers and five books published.

- Herbal Foot Reflexology: **\$20 for 65 min**
- Herbal Acupressure: **\$20 for 45min**
- Qigong

**Thai Acupressure****\$20 for 45 minutes**

- Thai Acupressure is treated by foot, knee, elbow, and fingers.
- Deep Massage with Acupuncture point
- Cure lower back pain, neck pain, and many other serious conditions

Chinese Herbs for Serious Conditions

Sex disorder Skin condition High blood pressure Heart, liver and kidney problems
Weight loss Cancer Insomnia Headache and stomach problem and Many more

**We guarantee the herbs are effective,
natural and refundable**

For Free consultation and appointment
Call 604-879-9686 Qigong, Taiji, Self-healing Video Available!
(Promotion price is for First treatment only)

Shaolin Health Essence Inc.204-190 E.48th Ave. (Main St.), Vancouvervisit our new website: www.shaolinessence.com

Penny Hyndman, RN

INNER WISDOM

creating physical, emotional & spiritual well-being

Wellness Education, Biofeedback & Therapeutic Touch

Anxiety, Depression, Fibromyalgia, Chronic Fatigue,
Eating Disorders, Headaches, Chronic Pain, Insomnia
& Performance Enhancement

Vancouver (604) 324-5717

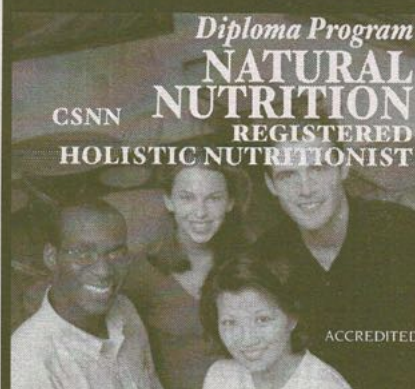
Port Moody (604) 939-7556

www.innerwisdom.ca**Douglas Kennedy Images**

Photography, Fine Art
604-734-5735

CANADIAN SCHOOL OF NATURAL NUTRITION

Teaching the Medicine of the Future®



Diploma Program
NATURAL NUTRITION
CSNN REGISTERED
HOLISTIC NUTRITIONIST

ACCREDITED

DISCOVER YOUR LIFE'S WORK

Fall 2002 Classes - 1 Year Program
Homeopathic Workshop
Herbology Workshop
Call for Information

100-2245 West Broadway, Vancouver BC
604-730-5611 www.csnn.ca

Rabbit-Proof Fence

In Thirties Australia a law was passed in the mistaken belief that mixed race children should be removed from their parents and have their blackness "bred out" of them. For three young girls, Molly, Daisy, and Gracie this policy of institutionalised kidnapping means the removal from their families to a distant settlement where they are forbidden to speak their native language. They don't like it and decide to walk back home - all 1200 miles back - following the rabbit-proof fence that spans from the North to the South. Based on a true story, this beautifully shot film tells an emotional and uplifting tale of simple heroism while shedding some light on Australia's Lost Generation. (out now, theatrical)



Australian Aboriginal children flee institutionalism in Rabbit-Proof Fence.

Bloody Sunday

It is thirty years since 14 apparently unarmed people were shot dead by soldiers from the British Parachute Regiment while on an anti-internment march in Derry in Northern Ireland. The army line at the time was that the soldiers returned fire when fired upon and that the people killed were terrorists. Paul Greengrass's feature-length docu-drama *Bloody Sunday* paints an altogether different picture, pieced together from testimonies from eye witness accounts of both soldiers and marchers. Jimmy Nesbitt plays a charismatic campaigning local MP, Ivan Cooper, whose peaceful intentions to march for civil liberties are trounced. Greengrass's rough handheld style is jarring and his meticulous attention to detail sometimes leave you wanting a road map, but the message is clear - the army went in with the intention of giving the Derry "yobboes" a lesson and soldiers on the ground ran amok with live ammunition. In the worst instances, one wounded man was executed at point blank range, another shot dead while waving a white handkerchief at the troops. As Cooper says prophetically in a final scene 'You will reap a whirlwind'. The lingering question of what happened on the day is now the subject of Lord Saville's inquiry which you can find coverage of on The Guardian web site (<http://www.guardian.co.uk/bloody sunday>). (out now, theatrical)

Thirteen Conversations About One Thing

The "one thing" is happiness. In a mosaic of inter-connected and mostly secular stories, we watch a group of strangers in their quest for happiness and their responses to what fate dishes up. A tightly woven script is

complemented by a fine ensemble cast which includes John Turturro as a physics prof struggling to find a formula for self-fulfilment, Matthew McConaughey as a cock-sure lawyer who thinks he's got it all and a gripping performance by Alan Arkin as Gene, an insurance-claims adjuster who can't understand why one of his staff has so much to smile about when his own life is such a miserable mess. The film's strength is that it eschews glib, feel-good answers. It reminds us of the fickleness of fortune and how the kindness of strangers can save lives. (VHS & DVD rental, out now)

Cool and Crazy

Dubbed "Norway's answer to the Buena Vista Club," this amusing documentary shows how a group of men in their remote fishing village not far from the North Pole overcome economic setbacks by singing in a male choir in the

fiercest of conditions. Director Knut Erik Jensen captures the 30 man choir, ranging from their mid-30s to mid-90s, as they sing a cappella in dinner jackets with the icicles hanging off their noses, in church and going on tour to Russia. Warms the cockles. (VHS & DVD rental, out now)

Monsters Inc

Those patient enough know that the best time to see blockbusters is after the hype has subsided - by then you've usually forgotten all the plot twists that the trailer gave away and it's cheaper to rent. Disney/Pixar's animated *Monsters Inc*, now reaching the long-term rental shelves of video stores, is one to look up over the festive season if you haven't already. In the alternate universe of Monstropolis furry, squiggly weird things must generate power for their city by terrifying children in our world and capturing the energy of their screams. For the monsters it's just a job—they're actually quite nice creatures. Unfortunately, the monsters are terrified of being contaminated by children, so when a tiny girl finds her way into Monstropolis all hell breaks loose. Mike Wazowski, a one-eyed bladder on legs (voice by Billy Crystal) and Sully, a large purple furry sasquatch (John Goodman) are the hilarious double act who must save the day, with Steve Buscemi ably providing the voice of the slithering chameleon-like villain. A funny, imaginative and sentimental comedy, big and little softies everywhere will lap it up. (VHS & DVD, out now)

Robert Alstead runs the movie ezine *iofilm*. Visit: www.iofilm.ca

the Common Reader



The Dalai Lama Altar Kit, by His Holiness The Dalai Lama

Contained in a beautiful gift box are a 3-1/2" tall statue of the Lord Buddha; a set of 18 decorated devotional cards; die-cut images symbolizing Compassion, Wisdom and Energy; and two miniature books – a copy of the sacred text, *The Heart Sutra* and an instructional book written by The Dalai Lama himself. Sterling Publishing, 2002, \$38.95

Wicca: Ancient Feminine Magic



This miniature book, boxed with a small pentagram pendant might make a good Yule or Solstice gift for a young person interested

in magick and mysticism. The ornate, 79-page paperback book teaches about ancient Wicca and some of the secrets of the elemental spirits that are the very essence of all nature. Andrews McMeel, 2002, \$16.50



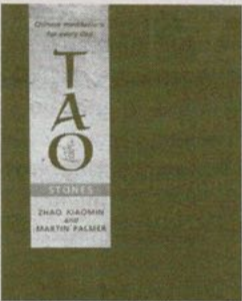
Rune Vision Cards by Sylvia Gainsford with Howard Rodway

The letters of the ancient Runic alphabet are charged with mystical meaning and magical

associations. 2000 years ago they solicited the influence of the Norse gods and goddesses. Today, this deck of 25 cards can be a source of inspiration. Along with the cards comes a 160 page (all colour) book explaining how to interpret the cards' oracular meaning.

Sterling Publishing, 2002, \$22.95

Tao Stones: Chinese meditations for every day, by Zhao Xiaomin and Martin Palmer

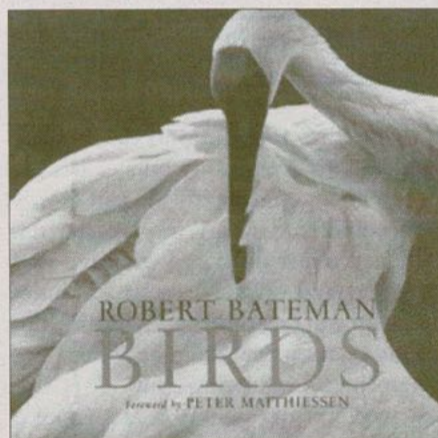


Drawing on a 5,000 year old tradition, this gift box includes a set of 16 Tao stones, a brocade drawstring bag and an illustrated book listing 64

reflections, with a Chinese proverb, divination poem and a meditation for each. Friedman/Fairfax, 2002, \$38.95

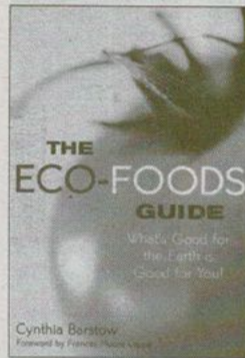
Birds, by Robert Bateman

One of the world's foremost nature artists, Salt Spring Island resident Robert Bateman shares more than 100 of his colour paintings and sketches of birds in this large-format (10" x 10") collection. Bateman's notes and diary entries give the reader a wealth of his observations about the birds' behaviour, as well as demonstrating his keen appreciation of their beauty. Penguin Canada, 176 pages, hardcover, 2002, \$50.00



The Eco-Foods Guide: What's Good for the Earth is Good for You, by Cynthia Barstow

Frances Moore Lappé writes in her foreword, "Barstow offers invaluable guidance in



choosing food that is satisfying to our senses and best for the Earth at the same time. She helps us choose not only the health and enjoyment we each want from eating well, but the world we want, too." This

guide includes how to eat seasonally, buy locally and reform school cafeteria menus. New Society, 288 pages, softcover, 2002, \$23.95

New on our Bookshelf

East-West Healing: Integrating Chinese and Western Medicines for Optimum Health,

by May Loo, M.D. and Jack Maguire
John Wiley, 2001, 328 pages, hardcover, \$37.50

The Infinite Thread: Healing Relationships Beyond Loss,

by Alexandra Kennedy
Beyond Words, 2001, 244 pages, softcover, \$23.00

The Zen of Listening: Mindful Communication in the Age of Distraction,

by Rebecca Z. Shafir
Quest, 2000, 252 pages, softcover, US\$21.95

Healing Arthritis: Complementary Naturopathic, Orthopedic & Drug Treatments,

by Penny Kendall-Reed and Stephen Reed
Stewart House, 2002, 208 pages, softcover, \$24.95



**Classes
start
Jan 6/03**

(604) 430-5838

info@acupuncture-college.com
www.acupuncturecollege.com

Courses

- Dr. of TCM
- Registered TCM Practitioner
- Registered Acupuncturist
- Registered Herbalist

1 or 2 Year
Certificate Program

Nutritional Cure
Chinese Massage

High School Graduates &
People on EI are welcome

**Clinic for
Dr. Sky Liu N.M.D.
Ph.D. of TCM**

-US & China Patent
holder
of Magnetic Self
Acupressure device

-Sister school of
Shang Hai



PSCM
ACCREDITED

**212 - 4885 Kingsway
Burnaby, BC**



604-430-5838

Massey theatre presents The Irish Descendants

East Coast Music Award and Juno Award winners...

The undisputed Kings of Celtic ...

...from touching ballads to high energy reels plus all the warmth of a Newfoundland Christmas.

Friday, Dec 20th 8 pm

Massey Theatre
735 8th Ave
New Westminster
Information
604-517-5900

Tickets at Ticketmaster
604-280-4444

Common Ground

690

105.7

The Record

NewsLeader

CTV 2



PETER GABRIEL GROWING UP > LIVE



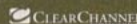
December 18

Tickets On Sale This Saturday, October 19 at 12noon
ON A SPECTACULAR CENTRE STAGE

www.petergabriel.com



Tickets available at the General Motors Box Office,
all ticketmaster.ca centres or Charge-By-Phone: 604-280-4444
Limit 8 tickets per person. All times, dates and ticket prices are subject to change without notice. All tickets are subject to applicable laws and service and handling charges.



Chan
Centre
presents

Robert Silverman solo piano recital series

SUNDAY, JANUARY 19, 3pm

Beethoven, Schumann and Liszt

SUNDAY, MARCH 16, 3pm

Bach, Copland, Liszt, Beethoven

SUNDAY, MAY 11, 3pm

Rameau, Schubert, Brahms, Scriabin

Vancouver's internationally-acclaimed "orator of the keyboard" celebrates 30 years at UBC!

CHAN CENTRE FOR THE PERFORMING ARTS, UBC

TICKETS available for individual concerts
or purchase the series and save!
Chan Centre Box Office (in person only)
ticketmaster 604.280.3311

www.ticketmaster.ca
(service charges apply)
For info call 604.822.2697
or go to www.chancentre.com

Free parking in the Rose Garden Parkade

The Gift of Glorious Music!



YCY Chinese Medicine & Health Care Centre

◆ Aerobic Exercise Machine \$239

Lack of oxygen and exercise of the cell results in many disorders in the human body. Steady undulation of the spine causes whole body to be exercised and oxygenated.

- ✓ Oxygenates Spine
- ✓ Increases Blood Circulation
- ✓ Promotes Metabolism
- ✓ Improves Digestion
- ✓ Eliminates Fatigue
- ✓ Burns Excess Fats
- ✓ Enhances Immunization
- ✓ Stimulates Nerve System
- ✓ Detects Advance Illness
- ✓ Ideal for Cardiovascular Disease Patients



◆ Suction Cupping \$59.00~\$89.00

A Combination Therapy of:
Cupping Acupuncture
Acupressure Magnetic Field



◆ Acupuncture needles, models, books, charts, and lots of acupuncture supplies

We are seriously looking for
distributors

www.ycyhealth.com

YCY Chinese Medicine & Health Care Centre
123 East Pender Street, Chinatown,
Vancouver BC V6A 1T6
Email: ycyhealth@shaw.ca

Tel: (604) 685-1871 Fax: (604) 676-0192

Joyful Grooves

CD Reviews

LIGHT DANCE – Peter Prince

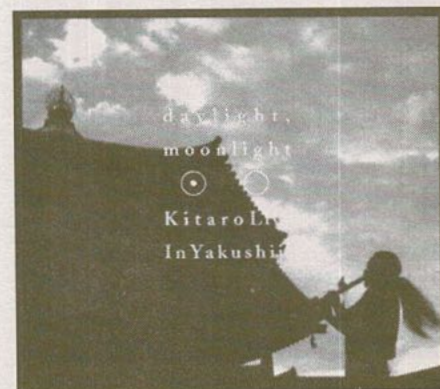
Reviewed by Joseph Roberts

We are all on a journey traveling through our lives. Peter Prince's new acoustical CD captures the paces and textures of the trip.

Listening to Light Dance is like waking up on a beautiful, loving morning, to the sounds of frogs as the sun gently shines through the forest canopy.

Accompanied by Oool Fjolkunnigr on mandolin, Chinese opera flute, Nepali flute, nylon string guitar, piano, oud, violin and sherpa too-nah. Peter Prince plays a Martin D18 guitar, harmonica, dumbek, rattles, tongue drum, medicine drum, Tibetan bells, vocals, tambourine and weaves in nature sounds. Jane Philips plays the Cello, Paul Brosseau keyboards and Ian Van Wyck double bass. Tara Maclean appears courtesy of Nettwerk Productions. Mason and Rish Piano courtesy of Richard Blum. Recorded at Temple Studios, mixed at Nomad Studios on Salt Spring Island.

Paul Brosseau and Oool Fjolkunnigr associate producers.



shakuhachi flute, stringed koto, drum and bamboo sticks, as well as piano, violin and the many effects and moods of the synthesizer for which Kitaro is famous. Prepare to go on twelve interesting journeys. The tracks range from 8 to 15 minutes long, with moods from meditative and tonal to grand, orchestral, mysterious and sweet melodic. Overall, it's a relaxing yet stimulating treat to enjoy after a hectic day.

I WISH IT WAS CHRISTMAS (all year)

– Clayton Carrigan and Friends

Reviewed by Charm Maryea

Immediately festive with bells and children's choir, (Citadel Middle School) this CD makes one eager to hurry up Christmas time, leaving you full of anticipation for peace and gift giving. A vision of trees laden with powdery snow outside, comes to mind, whilst being warm and toasty by a brightly burning fire, flames flickering, tinsel glittering, munching on home-made mince pies and pulling Christmas crackers.

There's an all star chorus on here including Mike Reno (Loverboy), Geoff Kelly and John Mann (Spirit of the West), Art Bergman, Paul Janz, John Beatty, Darby Mills, Paul Hyde, Andrew Johns, Randy Gould and Graham Bleasdale. Also Sahara MacDonald helping Santa Clayton out with vocals, wishing it was Christmas all year. Background vocals are Joani Bye and Catherine St. Germaine, musicians include: Clayton Carrigan, Tom Nevel, Miles Hill, Miles Black, Phil Robertson, Robbie Steininger and Jack Duncon. Recorded at Lotus Lane Studios and Mushroom Studios, Vancouver, BC.

Tracks include *I wish it was Christmas (all year)* Radio mix, acoustic mix and Karaoke mix each 3:51 minutes.

The net proceeds of this CD go to the Children's Charities of Canada and BC's "Empty Stocking Fund". For information, contact Ange Frymire, Vocal Point Communications 4713 Fernglan Place, Burnaby, BC V5G 3W2, 604-734-0600 or afrymire@vocal-point.org



"Life's been quite kind to offer me moments to dream this music. It's for people like you dear friends and family who helped me on my way. A heartfelt thanks for all the support, love and laughter. You inspired me to surrender to the flow of creating this recording. For all my relations, let there be peace." peterprince@saltspring.com
www.peterprince.com Box 718, Ganges Stn. Salt Spring Island, BC, V8K 2W3

DAYLIGHT, MOONLIGHT – Kitaro Live in Yakushiji

Reviewed by Kushad Watsan

The Yakushiji temple dates back to at least 600 A.D. in Nara, Japan, the first capital of the Shoguns. In a special event for world peace, Kitaro and his ensemble gathered beneath a brilliant full moon in the first concert ever at Yakushiji. The magic of three evening concerts is captured faithfully in this two CD set that explores simple temple chimes, bells, water sounds and chants from the monks, blended with traditional



Physically Tweaked
by Cat Smiley, ISSA

Surviving Holiday Feasts

Christmas parties often offer alcohol with elaborate food fare, so use these survival tips to avoid packing on pounds.

With the party culture so deeply intertwined with end-of-year celebrations, it is no surprise New Year's resolutions are met with brute force (and disappointment) each year. Let's face it – healthy intentions are sidelined for the best of us over the festive season. My belief is the occasional good party may not be as detrimental to your fitness program as you think. To shake up the system a little (reminding yourself how horrible hangovers can be) break the normality of your eating patterns and, well, have a blast. Could be just what you need to re-motivate yourself with healthy living. I'm not telling you to go out and get wasted – I am a strong believer in balance and moderation. However if you haven't had a chance to drink for a while, the end of year parties seem like *the* time to release the inner wild child.

Keeping on track with your best fitness intentions may mean quality over quantity – try twenty minutes of faster paced cardio every day, instead of thirty minutes moderate exercise. Double that up with ten minutes of resistance training 4-5 times a week and you'll be shining your way through soirées. Don't let the euphoria of alcohol and munchies replace exercise.

Needless to say, knowing the facts about how alcohol really affects your health and physique should encourage you to drink in moderation through the festive season and beyond.

Alcohol as a food contains almost twice as many calories per gram as both carbohydrate and protein, yet less than a gram of fat. Due to the minimal amount of vitamins and minerals present, alcohol calories are considered 'empty.' Alcohol affects directly the body's ability to absorb and process other nutrients essential to strong bones, muscles and joints. This can contribute to vitamin and mineral deficiencies, slowing the processing of protein and carbohydrates, hence slowing metabolism—inviting your body to store body fat rather than develop lean muscle mass. Pursuing activity with alcohol still in your system (starting at a blood alcohol level of 0.05 percent) has been proven to decrease reaction time, balance, strength, power, coordination and tolerance to the cold—alcohol contributes to countless unnecessary injuries each year.

The good news is, studies have shown that one drink per day (12 oz beer or 5

oz wine) can be good for the heart. This is due to the increase of high-density lipoproteins in the blood that are known to help keep your arteries clear, however it is not advisable to drink alcohol for the reduced risk of heart disease. Drinking plenty of non-alcoholic beverages at social occasions can help keep consumption in moderation. Christmas parties often offer alcohol with elaborate food fare, so use these survival tips to avoid packing on pounds.

1. Eat before you party. Consuming substantial meals throughout the day will avoid bingeing at night. Go out with a semi-full stomach – have a mini-meal such as soup and crackers to better resist temptation.

2. Size matters. Stay aware of your portion sizes – make yourself a small plate and walk away from the table. Keep with foods you recognize, mystery dishes often are laden with mystery fat calories.

3. Hold out for the foods you really enjoy. Scan the scene and wait for the foods that look really good, rather than nibbling randomly from the hors d'oeuvres table. Eat slowly – enjoy conversation as much as eating.

4. Stay strong. You don't need to announce you are watching your weight to family and friends during the Christmas cheer. Find a pre-rehearsed reason as to why you are not eating more, such as 'I find that too much cheese means I can't sleep as well' to avoid unwanted attention. Keep your hands busy, hold a drink in one hand (stick with non or low alcoholic) and your purse or sweater in the other, so snacks aren't as accessible.

Healthy living does not always mean 100% healthy. Let loose once in a while, don't beat yourself up or give up when it takes you longer to reach your weight loss or fitness goal. Realize that venturing from the ideal dietary plan is not the end of the world – simply get back on track at your next meal and don't sweat it. Trust in your natural wit and personality before alcohol. Remember we are in this body for the long term. Pace yourself and reward yourself for a happy, healthy year. Cheers!

Cat Smiley is personal trainer and pro-athlete. Her company, Cat Smiley Personal Training, helps people of all abilities maximize their athleticism. Hear her new internet radio show on www.catsmiley.com. Contact (604) 488.7466.



Miracle Audio Technology Guarantees You Super Deep Meditation in 17 minutes

If you'd like to meditate deeply, literally at the touch of a button...virtually eliminate stress from your life...naturally and safely stimulate the production of brain chemicals that dramatically slow aging and increase longevity...boost your mental powers to unheard-of levels...and resolve forever most so-called "dysfunctional" feelings and behaviours, this may be one of the most important messages you will ever read. Here is why:

Based in part on Nobel Prize-winning research on how "complex systems" (human beings, for instance) evolve to higher levels of functioning, a personal growth program has been created utilizing a powerful audio technology called Holosync®.

A precise combination of audio signals gives the brain a very specific stimulus that creates states of deep meditation – and causes the creation of new mind-enhancing neural connections between left and right brain hemispheres.

Now a New Report and Tape Reveal ...

- The scientific evidence proving how Holosync® increases the production in the brain of many vital neuro-chemicals that can slow ageing and increase longevity.
- How to achieve super-deep meditation, at the touch of a button.
- How to dramatically reduce stress.
- How to create remarkable emotional changes at the deepest level.
- How to improve your health.
- How to heighten your creativity and problem-solving ability.
- How to have more restful sleep.
- How to boost your intelligence.
- How to increase your focus, concentration and learning ability.
- How to enhance your memory.
- How to have more happiness and "flow" in your life.
- How to heal mental and emotional blocks.

The complete educational report on this amazing new technology and Holosync® tape, worth \$19.95, are FREE to Common Ground Magazine readers for a limited time.

Call NOW for your FREE report and tape toll-free (24 hrs) 1-877-642-0603
www.magicalmindonline.com

A Rewarding Career in Natural Health Care



International College of
Traditional Chinese
Medicine of Vancouver

Classes Start:

January 2003

Financial assistance
may be available
Accredited by PPSEC of BC
Highest number of passing exams
Exciting China study trip

Free info session on all programs:

Dec 5, 12, 19

Call: (604) 731-2926



Diploma programs towards

- ✓ Doctor of TCM
- ✓ Licensed Acupuncturist
- ✓ Licensed Herbalist
- ✓ Licensed TCM

Call: (604) 731-5391



1 Year Certificate Program

NEW ✓ Chinese Tui-Na
& Reflexology

High school graduate? On EI?

Get a job faster.

Build up more educational
credits.

This program is for you

Call: (604) 731-7453

201-1508 W. Broadway,
Vancouver BC V6J 1W8

www.tcmcollege.com
E-Mail: info@tcmcollege.com

Gift of Health

Free \$50 Holiday Gift Certificate with any pass*

Yoga Retreat – Jan 3-5
Save \$100 with two or more

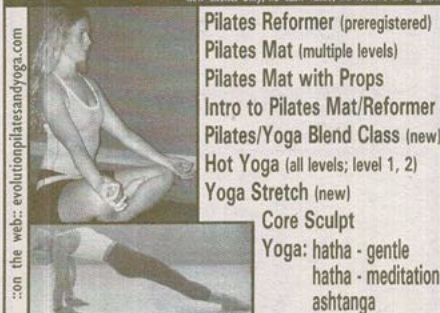
For Beginners and Welcoming All Levels

Pre-register for Pre-natal Mom & Baby / Tot classes

Schedule and prices @ www.opendoor yoga.bc.caOPEN DOOR YOGA
Energy & Relaxation

197 E 17 (@ Main)

Telephone: 604-321-5961

*Limited to 20
TRY IT. YOUR 1ST CLASS IS FREE.**evolution**
PILATES | YOGA | PERSONAL TRAINING | LIFE**FIRST YOGA OR MAT CLASS FREE!**
*new clients only; no cash value; we reserve all rightsPilates Reformer (preregistered)
Pilates Mat (multiple levels)
Pilates Mat with Props
Intro to Pilates Mat/Reformer
Pilates/Yoga Blend Class (new)
Hot Yoga (all levels; level 1, 2)
Yoga Stretch (new)
Core Sculpt
Yoga: hatha - gentle
hatha - meditation
ashtangaTHE ONLY HOT YOGA STUDIO IN THE VALLEY!
105 - 19915 64th ave f.604.532.4822 f.604.532.4899
langley, bc v2y1g9 evolutionstudios@telus.net**THE VITAMIN SHOP**www.canadianvitaminshop.com

or Mail Order toll-free 1 888 386-1211

SAVE
on Brand Name VITAMINSNatural Factors
SUPER C500
50 Tabs
\$2.78Natural Factors
MIXED E 400 IU
90 Softgels **\$7.78**Quest
SUPER ONCE A DAY
Time-Released
Multiple Vitamins &
Chelated Minerals
180 Tabs **\$22.78****FREE DELIVERY** on Orders Over \$50.00
Featuring - Natural Factors and other Premium BrandsThe Vitamin Shop reserves the right to limit quantities sold.
1212 Broad Street, Victoria, BC V8W 2A5

Canada's premier nutritional supplement dispensary - since 1984

Kareen's Yoga
by Kareen Zebroff**Yoga for You**

We are grouped around a spindly, yellowing plant that is sicker than any of my severely challenged Yoga students at Pearson's Hospital. It's nearly Christmas some twenty years ago, and we are dedicating this class to the season's spirit of giving.

The wheelchairs and gurneys take up a lot of room, and we can't all reach the dying plant to whom we wish to send our love. Instead, we hold hands, close our eyes and I, as the last link in this remarkable chain, touch the ailing leaves. Though sometimes weak and trembling themselves, my students are *concentrating* with all their beings on transmitting every bit of individual healing-force from their frail bodies. We breathe deeply, focus and hope against hope. The next week the Dieffenbachia had sprouted a new leaf! We cry with joy over the hitherto hidden potential we each have – the power of love, thought, and Yoga.

Yoga works, I explained to my ecstatically beaming charges, because five millennia ago it was designed to help make bodies so healthy that they could sit still in meditation for hours on end. Traditionally, Yoga poses and of breath-control come first, followed by concentration, contemplation and, after much practice, meditation. Yoga is so flexible and forgiving that this order may be reversed somewhat when dealing with bodies so disabled that a wrist can bend only slightly, or a head incline a mere degree.

Hatha Yoga is meant to lead us toward controlling our restless minds and harnessing the ego, to make the sense of "I/myself" disappear. The eminent teacher B.K.S. Iyengar says that (1) after the body has been tempered by Yoga *asanas* or poses (2) the mind refined by the fire of *pranayama* or breath-control (3) *pratyahara*, the senses brought under control, and (4) *dharana*, the thoughts/mind stilled by being one-focused, only then can (5) *niruddha*, the now-restrained ego/mind/intellect be offered up to our Maker for His use and service.

Our classes at Pearson's had consisted of the little we could do with the asanas, the more we could achieve (in our nearly immobile or spastic states) with breath-control, and the most we could accomplish with concentration. Towards that end, we had done some personalized and philosophical affirmations. We went for imaginary walks in each of our "ideal" places, putting all our senses into play. We candle-gazed and did healthy body visualizations. We chanted *Om* in harmony and repeated beautiful mantras such as "God

is love." We visualized a golden light in the middle of our foreheads, allowing it to spread to our hearts and bodies, into the room, through the hospital, out into the street, the city, the province, the country, the continent, and the entire earth until the whole world was ablaze with the light of love.

These the patients were able to accomplish within the spirit of the 11/12th meditative aspects of Hatha Yoga, and, as the sprouting plant had clearly shown, it had been a splendid and unexpectedly powerful practice. The remaining 1/12th aspect of Yoga – the practice of asanas – is best explained by Pegge Gabbot. An 83 year-old Yoga teacher with luminous skin and superb health, she still literally "gives" six classes a week for free on Vancouver Island. Before that, she had taught Yoga for over 30 years for the Vancouver School Board, and in the Downtown Eastside CCL Centre for addicts and alcoholics.

Pegge has always passionately asserted that Yoga is Yoga. It is *not* about tying oneself into knots. It's about body, mind, and spirit yoking together to get the most out of life. It's Patanjali's Yoga philosophy, as taught to me by my beloved teacher Indra Devi (who was still actively teaching when she died at age 102). That is why my classes are meant for everyone no matter their age, flexibility, health, shape or economic status. Yoga should be non-competitive and all-inclusive. It ought to be something the *average* person can do, and it must never be out of reach (though some poses may be difficult and take more time to achieve). Yoga is about going only as far as *you* can go in challenging the joints, yet not so far that they become stiff. It's about a stretching taking place by itself, even if only minimally. Yoga is about getting in touch with the science of self-awareness – of the True Self.

My patient-students at Pearson's had nodded at this Yoga concept with a sense of startled recognition, and we had gone on to discuss what this True Self might be like. We knew that, no matter what the present self, the True Self was "whole" in all the three aspects of itself – it was undamaged, undying, loving and tolerant, even of its own human imperfections.

Greatly relieved at this monumental insight, we had done the breath every living creature does unconsciously, breathing in with the sound *So'ham* (the Immortal Spirit am I, or I am that which is) and breathing out with *Hamsah* (I am He). And then, we had sung a joyous, "Merry Christmas to All!"

Standing Fearless in your commitment

connection with people

CONTRIBUTION
Being Leadership**The Art & Science of Coaching**

The ability to assist people to create a motivating future is the key to business and personal growth. What would mastery of the coaching toolkit bring to your life? Join Marilyn Atkinson Ph.D., internationally recognized coaching leader, in this 15-day training. The Art & Science of Coaching begins Jan 16-19 and takes place over 4 evening and weekend modules and provides the foundation to launch a coaching career, integrate coaching into your business and take your life and work to a new level.

1-Year Counseling & Coaching Diploma

The one year program requires an intensive commitment to personal growth and contribution to others rewarding students with the highest levels of counseling & coaching training. Begin Jan 6 or Feb 3

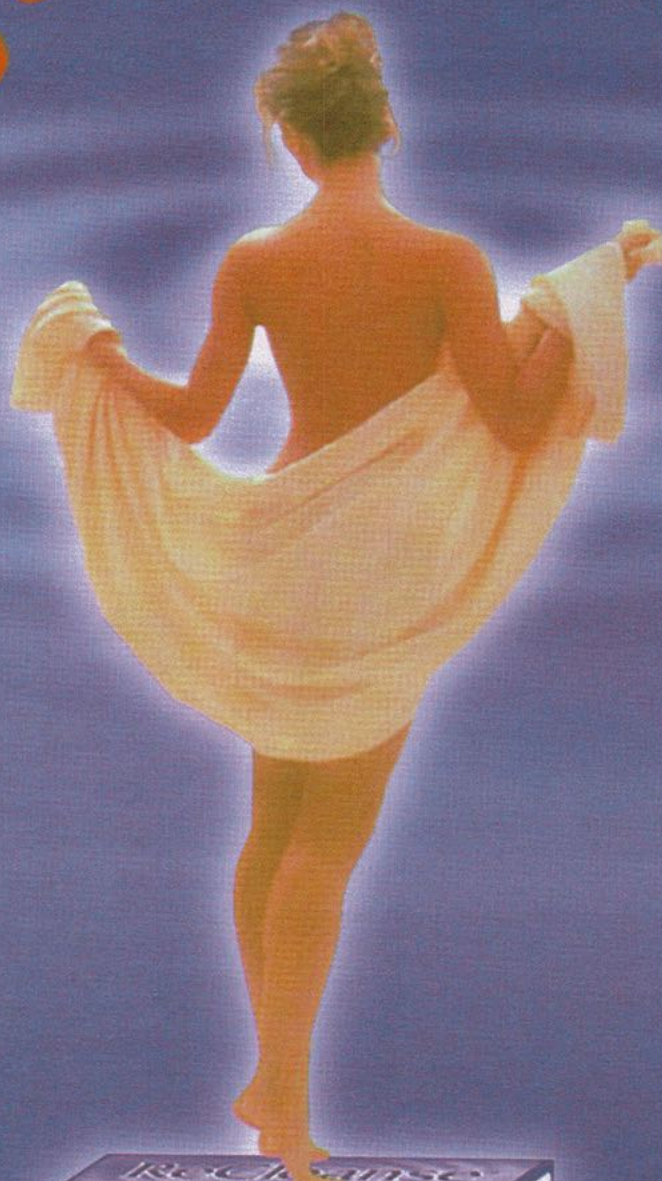
Ericksonian Hypnotherapy Intensive Jan 6-31

ERICKSON COLLEGE
COACHING LEADERSHIP604 879-5600 EricksonCollege.com**Vancouver Balneotherapy Center**
Dr. Jim Chan N.D.Introductory Offer **\$18**
Same Day Choose 2 items
First try only - Reg \$60**The Arts & Science of Medical Bathing: Preventative, Curative, Palliative. Improve the General Well-Being of the Body**

- 1 Hour Acupressure massage
- 1 Hour Foot Reflexology
- Sea Salt Rub or Sea Salt Bath
- Infrared Sauna Detox
- Chinese Herb plus Ozone Steam Spa

For appointment, please call
604-324-3717 or 604-893-8888Monday - Saturday 9am-6pm
5108 Victoria Drive Vancouver, B.C.www.commonground.ca

Get **Lean & Clean**
for the Holidays
ReCleanse™



You're
Getting
Leaner
&
Leaner
&
Leaner



www.recleanse.com



DOMINION HERBAL FORMULAS

Rolfing®

Structural Integration

Increase flexibility
Relieve chronic joint and muscle pain
Increase athletic performance
Improve posture

Call Jason Brhelle, Certified Rolfer®
for more information or to book an appointment at
604-514-2332



touchworks
wellness centres

#207 - 20505 Fraser Hwy, Langley, BC • www.touch-works.com

CRYSTALWORKS



Save up to 50% on all crystals, minerals, fossils, jewellery, carvings, Tibetan singing bowls and Medicine Art ☐

Please call for extended holiday hours

1800 West 5th Avenue @ Burrard 604.732.3870
www.crystalworks.ca folks@crystalworks.ca

Pzazz Fine Foods is dedicated to the creation of homemade hand-stretched crust. We source the finest Organic flour available and we add no artificial preservatives. **Pzazz Fine Foods** is a BC owned and operated company.

Available at: Capers, Choices, selected IGA's, Natural Foods section of Save On and Overwaitea Foods, Queensdale Market and number of other quality grocery stores throughout BC. For a store nearest you call (604) 420-5820



New Gifts of Health

BOIRON



presents Oscilloccoccinum, a natural flu medicine formulated to reduce the duration and severity of the flu when taken at the onset of symptoms. Unlike other flu medicines, Oscillo works without side effects, does not interfere with other medications and is safe for both children and adults. www.boiron.com



VESPA

has formulated CV-25 to be a unique sport supplement, containing royal jelly, bee propolis, honey, vitamin C and wasp extract (with 25 all-natural amino acids).

The result is an effective balance of carbohydrates, proteins, flavonoids, fats and anti-oxidants. www.vespa-power.com



EDEN FOODS

organic apple juice is made using traditional methods from a select blend of family orchard organically

grown apples. Apples are hand sorted, washed, and then pressed with no added enzymes, concentrates, water, or sweetener. The juice is lightly filtered and bottled in amber glass to protect its flavour and nutrients. www.edenfoods.com.



MUIR GLEN

has created Black Bean & Corn Salsa from tomatoes grown naturally in the fertile central valley of California. Ingredients

include diced organic tomatoes, organic tomato puree, organic black beans, organic onions, organic jalapeno and anaheim peppers, organic green peppers, organic lime juice, organic garlic, organic cilantro and sea salt.



BIO SUPPLY

brings you the Eschenfelder flaker, perfect for making fresh oats for muesli, porridge or granola. It can also flake oily

seeds such as flax. The two revolving rollers are mounted in a sturdy beechwood frame.

www.biosupply.com or 1-888-225-3322.



WHOLE SOME SWEETENERS

makes Organic Sucanat from 100% certified organic sugar cane. It is minimally processed to retain its rich

molasses flavour and the vitamins, minerals and trace elements naturally found in the sugar cane plant. Suggested for use in beverages, sauces, baked goods, and as a tabletop sweetener for coffee, tea, and cereal.



PRAIRIE NATURALS

introduces Soy-Force, a great tasting, excellent source of a complete protein that is easy to digest and easy to mix. Soy-Force contains SoyFerm, which is

naturally fermented whole food soy powder GMO-free. The high mineral content and highly bioavailable isoflavone content makes this an integral part of a health regime.



CRYSTAL WORKS

presents quartz crystals. Used by spiritual leaders, healers, and scientists throughout the centuries, these

windows of solidified light can serve as tools to catalyze our connection with higher dimensions of reality. Whether worn as a talisman or used to enhance meditation, quartz crystals are true wonders of nature.

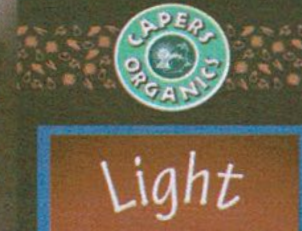


At Capers Community Markets, our signature coffee blends are shade friendly and organically grown. We purchase directly from small co-operatives so that your money helps maintain fair wages and benefits for workers.

Shade grown coffee is cultivated under a canopy of sun filtering trees. In the midst of shrinking habitat, this forest environment offers a sanctuary for birds, mammals, insects and plants. Biologists have found that shade coffee farms can support over 150 species of birds – far more than found in agricultural habitats, and exceeded only by undisturbed tropical rainforest.

We purchase our coffee from co-ops that practice stewardship farming principles, such as composting mulch for natural fertilizers and cross-cropping coffee with guava, corn, bananas and melons to balance nutrients in the soil. The 100% Arabica beans are hand picked, prime water washed and sun dried.

When you purchase Capers coffee, you help to change the world one sip at a time.



CAPERS COMMUNITY MARKETS
www.capersmarkets.com

ROBSON
1675 Robson Street
604 687-5288

KITSILANO
2285 West 4th Avenue
604 739-6676

WEST VANCOUVER
2496 Marine Drive
604 925-3316

Travel

as a Source of Healing

My life was falling apart. My eldest son had died of leukemia. During his illness I decided to retire early from my long-established career as teacher and principal. Faced with my own major surgery and the sudden deaths of my favourite aunt and uncle, a pool of darkness enveloped me. Everything seemed out of kilter. Nothing was right. Rooms once full were now empty. Even the sunlight was dull. I wanted everything the way it used to be. I didn't like the way it was now. I wanted to walk briskly into each day. Instead I was scared and tired of the pain of working through grief.

by Sandra Harper

I decided to travel to places that had no memories. On a whim I picked Morocco and Tunisia, both so different from where I had been. My family was horrified that I would think of going to Muslim countries after September 11th. They remained unconvinced that fresh, sun-filled landscapes and exotic ways of living could fill my days with distractions after nine months of grieving. Where I visited was not the most important thing, but getting through each day was my goal. When I started I had no idea that my travels would become a healing journey.

If I wanted change, this trip was the answer. But, once in Morocco, the first days of my six-week trip were consumed just looking after basic needs: accommodation, food travel, and safety. On the nine-hour train ride from Fez I watched the landscape change from lush farmlands into the industrial center of Casablanca and then slip into the red starkness of the desert before our arrival in Marrakesh. Everyone left the train and entered the mass of people in the station, with hustlers and taxi drivers shouting for customers. Stepping into a taxi to drive to the hotel, selected beforehand from my guidebook, was like starting a game of roulette. Some drivers were honest and polite; others were out to skin a layer of money from any visitor. This time, I had selected the latter. A disagreement on the street over

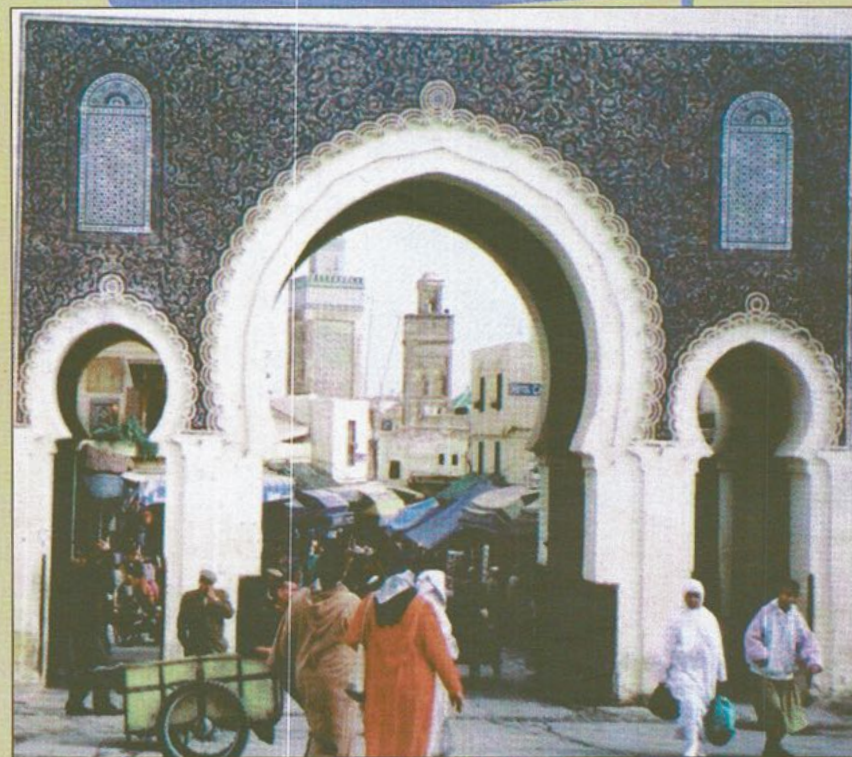
excessive cab charges was followed by another disappointment when the hotel manager said that no rooms were available. Walking with a large knapsack, I reached a second hotel where food and bed for the night awaited me.

Decision-making and planning took hours at the beginning of the trip. I marveled that I had made it through the day. Handling situations, from negotiating a Grand Taxi in my limited French to finding my way back to the hotel in the dark after getting lost in Fez, built my confidence that once again I could handle anything.

Gradually, less time was spent on the basics. I began to think and write in my journal more about the present moment and less about the past. As I lounged in a café, men and women in long outer garments, called djellabahs, streamed by like cascades of rainbows. One man, with skin like a starless night, wandered about, blowing a sad howl on a long, convoluted horn before each store. Another man, with very pale skin and a blue scarf trailing in the wind, meandered in the square like a desert spectre searching for a scene forever gone. The warmth of the sun, the energy, the creativity and the diverse people made me happy and interested in life.

During the trip there also emerged stretches of unfilled time as I endured the long train trips and relaxed during the tranquil evenings. These were moments to ponder and make notes on the events of the day and on my feelings about what had

Continued on Page 27



The entrance to the Medina, the old original townsite in Meknes, Morocco. Sandra Harper photo.

A PLACE FOR HEALING & WELLNESS

Cedar Springs Renewal Center

Cedar Springs offers participants a spiritual and physical renewing experience, bringing together exercise, juicing for health and raw food organic cleansing on 50 idyllic acres in the beautiful Cascade foothills.



Some of the features of the Whole Health Program are:

- Week long programs from Sunday to Saturday
- Massage and aromatherapy available
- Starting at \$575 US



Special Winter Promotion begins Jan. 5th

Call to reserve your space now

Make new again – the mind, body and spirit
at Cedar Springs Renewal Center.



360.826.3599
31459 Barben Road
Sedro Woolley, WA 98284
www.cedarsprings.org
mohappy@cedarsprings.org

LIVE LONGER FEEL BETTER LOOK YOUNGER



Functional

**Dietary Supplement
No Known Side Effects**

Excessive free radicals cause cell injury, DNA damage, which are associated with development of cancer, heart disease and aging.

Oncolyn®

Extracts from edible plants containing 10+ Natural Ingredients in synergistic combination with powerful antioxidants, anti-cancer and cytoprotective function.

Oncolyn® is protected by two **US Patents** 5,910,308 and 6,168,795
(TITLED: METHOD FOR ANTI-CANCER THERAPY
USING AN HERBAL EXTRACT COMPOSITION)

Santé International, Inc.
1-800-375-2811

Visit our web sites for information and testimonials.
www.santeintl.com and www.bellayre.com

**Available in Pharmacies and Nutritional Stores
in United States, Canada and World-wide.**

Oncolyn® was created and patented by
Dr. Arthur H.K. DJang, M.D., Ph.D., M.P.H. of U.S.A.

**All others are Imitations.
Please check with us for authenticity.**

This statement has not been evaluated by the FDA.
The product is not intended to diagnose, treat, cure or prevent diseases.

vita vie
P H A R M A C Y

live
your
life

natural compounding pharmacy

Hanna Habdank M. Pharm. has 25 years of experience as a pharmacist, with unique expertise in alternative medicine and custom made compounds.

Specializing in:

- Anti-aging treatments
- Women's and Men's health including personalized skin care, herbs, vitamins, minerals and homeopathy
- Bio-Identical, natural Hormone Replacement Therapy
- Pain Management
- Personal Consultation



2577 Yew Street, Vancouver, BC. V6K 4T7
T. 604.733.5150
F. 604.733.5159
hanna@vitaviepharmacy.com
www.vitaviepharmacy.com

Grizzly Killings

Photos by Ian McAllister - www.raincoast.org



by Christopher Genoali

One of Premier Gordon Campbell's popular slogans is "BC is open for business." If the business is killing grizzly bears that certainly seems the case. The Great Bear Rainforest, the largest network of intact ancient temperate rainforest left in the world, was once home to large concentrations of grizzly bears. However, a long history of unsustainable "sport" hunting, poaching, and habitat destruction by clearcut logging has left coastal grizzly populations at serious risk. The Raincoast Conservation Society has conducted reconnaissance in close to one hundred river valleys of the Great Bear Rainforest since 1990 (clocking over 6,000 people days in the field). We are now seeing a disturbing absence of grizzly bears, even near salmon producing streams during the fall runs when predation activity should be high.

Gordon Campbell overturned the moratorium on hunting grizzlies in July 2001. Campbell made a rash campaign promise during the election and was compelled to follow through no matter how ill-advised the policy. It was a sop to the hunting lobby and had nothing to do with credible science or economic benefit.

In an exhaustive scientific review of the BC government's flawed approach to grizzly management in 1998, wildlife biologists Dr. Brian Horejsi, Dr. Barrie Gilbert and Dr. Lance Craighead concluded "there is evidence to suggest that grizzly bear density estimates for BC represent populations suffering from substantial decline." Horejsi has attributed this dramatic decline to hunting overkill and the continued destruction of grizzly habitat.

Even one of the BC government's own biologists, Dionys De Leeuw, has exposed

the pseudo-scientific rationale behind the government's grizzly hunting policy. "There is no evidence suggesting any sport hunting of grizzlies is sustainable in BC," says De Leeuw. "In fact, there are strong indications that past and continuing population declines are due to excessive sport hunting... Unless extremely solid evidence can be provided, which unequivocally demonstrates that continued hunting does not exacerbate already vulnerable and declining bear populations, all sport hunting of these animals should be stopped."

grizzly bear density estimates for BC represent populations suffering from substantial decline

The sport hunting of coastal grizzly bears often resembles some sort of high-tech war effort. "Outfitters and resident hunters charter float planes, fly along the coast, land at road staging areas, and drive roads or take jet boats up salmon spawning rivers; some use permanent, illegal, elevated stands overlooking salmon spawning sites... This type of hunting has been characterized, reflecting its dependence on technology, as a search and destroy mission, referring to the speed and efficiency with which a hunting party can arrive at a stand, shoot grizzly bears where they are known to aggregate and leave the area," report Drs. Horejsi, Gilbert and Craighead.

Since grizzlies' feeding habits can be relatively predictable, these top predators make surprisingly easy prey as De Leeuw points out. "Any hunter with only minimal experience can concentrate his efforts in a few select and obvious locations such as rich berry patches, salmon spawning beds,

ripe animal carcasses, or any other seasonally predictable or available food source for bears. Virtually every bear from a wide area will visit and feed at such a site, and become an easy target for the hunter."

Once gone, it takes many years for grizzly numbers to recover. Not only do grizzly bears reproduce more slowly than any land mammal on the North American continent, but females do not start breeding until they are 5 to 8 years old. In the best conditions, breeding females will produce only one to three cubs at 2 to 3 year intervals, about the length of time young grizzlies stay with their mothers. Grizzly populations do not bounce back easily.

We know it is bad, but the extent of how bad it is remains unknown: the BC government has never carried out a credible province wide census of grizzlies. Instead it rationalizes the ongoing issuance of kill tags by using a scientifically unsound "habitat suitability" model to reach inflated grizzly population estimates. De Leeuw has revealed that the province calculates "a theoretical potential huntable grizzly bear surplus based on inappropriately applied habitat suitability indices... virtually all grizzly bears could be exterminated in BC by sport hunters, while government habitat suitability measurements alone would continue to calculate a theoretical potential bear abundance and continue to establish a harvestable surplus."

For several years now, Raincoast Conservation Society has been trying to acquire grizzly kill location data for use in an independent scientific analysis of the impacts of sport hunting on BC's grizzly population. The government has not been forthcoming since Raincoast requested the kill data through the Freedom of Information and Privacy Act (FOI) in the spring of 2000.

In December 2001, BC's Information and Privacy Commissioner ruled that the Ministry of Water, Land and Air Protection release grizzly kill location data to Raincoast.

In response to the Information Commissioner's ruling to release the data, the BC government applied to have the ruling overturned. In November 2002, the Supreme Court of BC rejected the application by the province, once again requiring the release of the grizzly kill location data to Raincoast. Now the province is going to the BC Appeal Court in an attempt to get the recent Supreme Court decision overturned.

One of Premier Campbell's election promises was to have the most open and accountable government in Canada. Yet,

the Liberals continue to go to extraordinary lengths to keep this information suppressed. What is the BC government trying so desperately to hide? ☹

Christopher Genoali is
Executive Director of
Raincoast Conservation Society.
Email: greatbear@raincoast.org
www.raincoast.org
For more bear information visit
www.wildernesscommittee.org,
www.savespiritbear.org,
and www.bearsmart.com

YOU CAN MAKE A DIFFERENCE

Let Premier Campbell know how important you think it is to protect the remaining intact river valleys throughout the Great Bear Rainforest - these valleys are critical grizzly bear habitat. Tell Premier Campbell to reinstate the moratorium on the sport hunting of grizzly bears. Hunting overkill is having serious impacts on BC's grizzly population.



COMMUNICATE YOUR VIEWS. WRITE:

Premier Gordon Campbell
Legislative Buildings
Victoria, BC V8V 1X4 Canada
Phone: 250-387-1715
Fax: 250-387-0087
Email:
gordon.campbell.mla@leg.bc.ca

Support public power – JOIN THE LAWSUIT!



BC Hydro – and our affordable Public Power – is being given away. A lawsuit is one way to stop the privatization, deregulation and breakup of BC Hydro.

BC Hydro has signed a Memorandum Of Understanding to transfer one-third of its operations and workers to Accenture, a controversial Bermuda-based, multinational corporation. The details are secret but a deal to privatize BC Hydro is to be signed by December 2002.

British Columbians have the third-lowest electricity rates in North America, with reliable delivery of clean, non-polluting hydro-electric power, thanks to the investments made by BC taxpayers and BC Hydro customers.

BC Hydro, owned 100% by the people of British Columbia, has an integrated system of generation, transmission, distribution, and customer service that has benefited residents, businesses, and government. In the past two years, BC Hydro has provided \$1.7 billion for health care, education, and other services.

But the BC provincial government is moving quickly to privatize key parts of BC Hydro, with a dramatic increase in electricity rates of up to 100% to follow, according to the Energy Policy Task Force interim report.

Please help stop this disastrous privatization by giving your support to BC Citizens for Public Power's class action lawsuit. And please make a financial contribution to keep this campaign going.

Who supports public power?

Expelled Liberal MLA Paul Nettleton (Prince George-Omineca)

"I regret that I must oppose my government's plans to privatize BC Hydro, together with any form of deregulation (or 're-regulation', as it may euphemistically be called) which will advance this agenda ... if the separation of the transmission function is actually implemented, we will have set out on a road from which there is not return."

Letter to Liberal Caucus MLAs, November 2002

The Union of BC Municipalities

"The UBCM does not support the privatization or sale of BC Hydro electrical generation, transmission or distribution functions, nor does it support the contracting of administrative services to Accenture, and urges the provincial government to recognize BC Hydro as a strategic core public asset to preserve and promote energy advantages for British Columbians."

Passed unanimously at UBCM Convention, September 27, 2002

Industry

"We believe the current system is doing a good job of providing reliable power at reasonable rates and, with appropriate adaptations, can continue to meet the needs of BC consumers for many years to come." Joint Industry Electricity Steering Committee, representing 30 of BC's largest corporations

California's Top Energy Official

"The question I'm asking is: What is it that's broke with a system that's providing cheap, reliable electricity, that's paying sizeable dividends to the government, that has a rainy day fund and that has money available for new capital projects? It is basically utility heaven."

David Freeman, energy expert and chair, California Power Authority

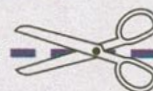
www.citizensforpublicpower.ca



Visit our website for full details or to sign on to support the class action lawsuit www.citizensforpublicpower.ca. This ad sponsored by the Office & Professional Employees' International Union Local 378, the union of most BC Hydro workers. Citizens for Public Power is a grassroots group representing seniors, consumers, environmentalists, labour, community groups and other concerned British Columbians.



Please detach and send to: Citizens for Public Power Society,
53 - 1895 Commercial Drive Vancouver, BC V5N 4A6



IN THE MATTER OF A PROPOSED CLASS ACTION
IN BRITISH COLUMBIA SUPREME COURT
AGAINST THE GOVERNMENT OF BRITISH COLUMBIA AND BC HYDRO

Letter of Intent

I, _____, of _____, in the City of _____, in the Province of British Columbia, wish to support the BC Citizens for Public Power ("the Society") in their class action against the Government of British Columbia and BC Hydro.

I am aware of the Society's reasons for the action and I support the action completely. It is my intention and wish to be included in the class, should the British Columbia Supreme Court certify the action initiated by the Society as a class action.

I understand that Leo McGrady Q.C., of the law firm of McGrady, Baugh & Whyte, is counsel for the Society and the representative plaintiffs in this matter.

Dated this _____ day of _____, 2002,
at _____, British Columbia.

TELEPHONE

SIGNATURE

EMAIL ADDRESS

* Note: There is no financial or legal risk in signing this letter.

YES – I will help keep BC Hydro publicly-owned!

Here's my contribution of:

☐ \$20 ☐ \$35 ☐ \$50 ☐ \$100 ☐ \$_____

Please make cheques or money orders payable to
Citizens for Public Power Society

I understand that contributions are not tax-deductible.

Grand Opening!

Kitsilano Sushi

Sushi Special!
18 pcs & Miso soup
\$5.95

We do
Private
Parties

Largest Sushi Restaurant in Kitsilano
Eat in or Take Out

Open 7 days a week for Lunch and Dinner
Monday to Saturday 11:30am-10:00pm • Sunday and Holidays 12:00 noon-9:30pm
3105 West Broadway, Vancouver, BC
Phone: 604-737-0181

FREE!
One Free California Roll
with minimum \$20 purchase
Bring this coupon!

limit one per party • expires Feb 28 2003



YOUR DIGITAL PRINTING SUPERHEROES

- ★ TRADE SHOW BOOTHS
- ★ BANNERS
- ★ LARGE FORMAT COLOUR
- ★ SMALL FORMAT COLOUR
- ★ VINYL SIGNS
- ★ VEHICLE GRAPHICS



PacBlue Digital Reprographics Inc.
1595 West 6th Ave. • Vancouver, BC
604.714.3288 www.pacblue.net



LUMINATI

TRAVEL IN SPIRIT IN 2003

THE SONORAN DESERT
January 17-19, February 7-9 or March 21-23



Reward yourself with two days of peace and meditation at Shelia's home in the beautiful Sonoran Desert foothills of Arizona. Learn about spirit. Manifestation, the 5 Universal Concepts, renewal of body and spirit.

LUMINATI'S ANCIENT WISDOM TOUR
BEIJING-XI'AN-GUILIN-SHANGHAI
May 10-23



Explore China's most historic sites. Walk atop the Great Wall. See the awesome Forbidden City and 7000 Terracotta Warriors. Meditate in Buddhist & Taoist temples. Cruise the Li River.

SEDONA VORTEX TOUR & CONFERENCE
August 10-16



The moment you arrive at Enchantment Resort you know you are in a rare and magical place. Set on 70 acres within the majestic, crimson walls of the spectacular Boynton Canyon, Enchantment offers a unique experience set amid the ruins of ancient Native American dwellings surrounded by the legendary red rock canyons. Spend each morning with Spiritual masters then board the bus for inspiring tours each afternoon.

SANTA FE-ALBUQUERQUE-TAOS N.W. MEXICO
Sept 5-12



Visits to Bandelier National Monument, Albuquerque's Old Town, Acoma Pueblo, Chaco Canyon and Taos. This is a journey for special ceremonies including a full moon ceremony, Dolphin Essence ceremony and visits to unusual metaphysical shops.

EGYPT
June 20-28, Oct 19-Nov 1 or Dec 5-13



Join in a magical journey back in time. In Cairo, see the pyramids, sphinx. Participate in ceremonies inside the Great Pyramid of Giza. Sail the Nile to experience the ancient temples along its banks. Visit Luxor Temple, Karnak Temple and the awesome Valley of the Kings.

SPIRITUAL MAYA CLASSIC TOUR
Nov 7-16



COPAN, QUIRIGUA, TIKAL, BONAMPAK, YAXCHILAN, PALENQUE & LA VENTA
This exciting itinerary will satisfy your longing for adventure as you roam the ancient Mayan ruins and experience the warm and loving people who inhabit the region.

SHELIA REED, your hostess and channel for Menita Ishmil, a 7th level composite vibration, the energy of unconditional love, welcomes you on a spiritual pilgrimage of a lifetime!!!



LUMINATI INC.
PO Box 2162 - Carefree, Az. 85377
1-888-488-1151
www.luminati.net
email luminatiaz@aol.com

WELLNESS COUNSELLOR

DIPLOMA PROGRAM

Designed to provide education and training required to pursue a career as a wellness professional. Achieve a balanced, healthy lifestyle in physical, mental, spiritual and emotional wellness. Includes training in mind management, power of emotions, body awareness, nutrition, massage, developing intuition, meditation, uncovering and expressing unique talents, coaching and counselling certification included. And much more.

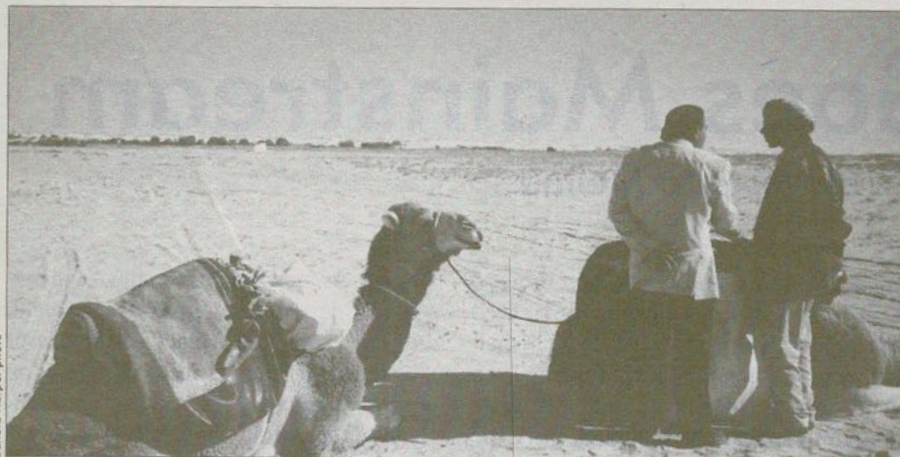


Next program begins
January 2003

Free Information Session
Call Now!
604.708.4416

Bea Rhodes, M. Ed
President

**Rhodes
Career College**
www.rhodescollege.ca



Travelling as a source of healing — a personal journey.

Travel Continued from page 22

happened during the last year. I found myself gradually able to look at the changes in my life with more objectivity — to hold them at arm's length.

One of those times happened when I was sitting in a square glistening with sunbeams and embroidered with tumbling pink bougainvilleas on the Isle of Jerba, in Tunisia. Soaking in the rhythms of the day, I drank mint tea and reflected some more on my life, past and present. That day I acknowledged for the first time the joys and frustrations of my son's life and death. In this light-filled pool of time, I began to remember without pain and to tell stories about my son to an acquaintance without falling apart. I recounted the Christmas Eve he had chopped off the top of a mature fir tree and dragged it home for our festivities. It was only several years later that he recounted how he had actually climbed the towering tree.

From the quiet minutes and hours that were available to me, I was able to consider all that had occurred in the past year, feel the emotions without regret and begin to move on. Had I been at home, working and encircled by family and friends, that undisturbed time would not have been as easily accessible. The passage of time allowed the emotional loss to be knit together with reflective thought so I could move into a new stage of healing.

Sometimes the magnificence of a place in North Africa put everything into perspective, even my own grief. Leaving the walled *Kasbah* in Rabat, I suddenly faced the blue Atlantic Ocean, as still as a Canadian lake on a sun-clenched day with patches of white gravestones in the foreground. The ever-present reminder of death and loss was there in the landscape filled with beauty. I sobbed. Then my

thoughts returned to my eldest son, now in his own grave surrounded by tall evergreen trees, and, for that moment, I knew that I was not alone in my loss. I drew comfort from that moment. Seeking and understanding the similarities among cultures allowed me to metaphorically connect the dots of my life into the bigger picture of living.

After six weeks on the road I returned home, renewed and filled with joy. I felt secure that I could now get on with my life. When a woman who had recently lost her baby asked me how my journey had helped to heal me, my response was terse.

"You are not alone in grief. If you decide to take a trip to help you heal with your loss, think about this. Traveling built up my confidence that I could handle life again. Forced to look after daily life on the road, I found that I could take a break from the pain of my son's death. I don't

know when things started to change, but I gradually discovered myself smiling and becoming interested in other people. Eventually I did achieve some distance from what had happened. The pain lessened to a dull ache. The journey also provided time and space to reflect and write about the losses and changes. I grew to accept that I had a choice on how grief would affect me and how I would respond to the rest of my life. I have chosen the positive road because, even with my raw scars, I want to move forward. I can truthfully say that, after my trip, many days are now filled with happiness."

Sandra Harper, Ph.D. is a travel writer and educational consultant, after a first career in teaching and administration. Her doctorate probed the ways to assess how people change. Email: Sharper7604@shaw.ca

"I found myself gradually able to look at the changes in my life with more objectivity — to hold them at arm's length."

Windwalker



Learn and practice the skills of Stalking Wolf and Tom Brown Jr.

The Nature Connection

Matchless fire • Shelter • Tracking • Plant medicines • Awareness • Moving unseen... And more!

Beyond the Physical

Dynamic meditation • Spirit and Aura • A personal Power area • Healing Travelling... And much more!

See www.windwalker.ca, or call Wes Gietz at 250-339-3197 for a schedule and newsletter.

QUALICUM BEACH SPA RETREAT

Terry Lenore Galloway R.M.T

Snuggle into a warm winter getaway.

Hot Stone Massage
Herbal Wraps
Aromatic Steam
Moor Mud Packs
Salt Glow
Herbal Baths

Qualicum Beach Health Spa

www.qualicumbeachhealthspa.com
Box 413, Qualicum Beach, BC V9K 1S9

Tel: 250-752-1597

Retreats • Spa Parties • Spa Cruises • Day Spa

employment...



at a new organic restaurant & lounge in Tofino.

& investment...

with the best selection of natural & organic craft brewed beers on tap in BC



opportunities...



all in an energy efficient, environmentally sustainable, 'green' building.

Tofino Brew House



Beer Wisdom

When sitting, sit.
When standing, stand.
Above all, don't wobble.

opening Summer 2003

tofino brew house.com or call 250 725 1254

Academy of Classical Oriental Sciences

3 and 4 Year Diploma Programs in Chinese Medicine

Acupuncture • Chinese Herbology • Tuina Massage • Diet • Qi-gong
Western Medicine Component • Chinese Language Component

NEXT ENTRY SEPTEMBER 2003

Financial assistance may be available

For calendars and applications call 1-888-333-8868



Address: 303 Vernon Street, Nelson, B.C., Canada. V1L 4E3 Fax: 250-352-3458 Email: acos@acos.org Website: <http://www.acos.org>

ANN UNICARE • ASTRALITE • BIOTONE • EARTHLITE • NORTHERN TOUCH



COMMITTED TO YOUR WELL BEING

WWW.RELAXUS.COM

(604) 879-3895

1-800-663-2225 x:210

CALL FOR YOUR
FREE CATALOGUE

HOURS: MONDAY - FRIDAY
9:00 - 5:00

2002 MANITOBA STREET
(AT 4TH), VANCOUVER

Visit our store
for YOGA supplies,
great HEALTHY gifts
and more!

PROFESSIONAL & HOME MASSAGE,
RELAXATION, AROMATHERAPY, &
HOLISTIC HEALTH PRODUCTS.



BODY CUSHION • LIVING EARTH CRAFTS • STRONGLITE • THERMOPHORE

BUY • SELL • RENT • LEASE • TRADE IN

MASSAGE OILS • THUMPER • EDUCATIONAL MATERIAL

WELLSPRING CLINIC FOR HOLISTIC MEDICINE*



Ancient wisdom through
cutting edge technology

HEALING INSOMNIA

Insomnia Chronic Fatigue
Stress/Anxiety Fibromalgia
Depression Restless Leg

ALLERGY RELIEF

Eczema Food Allergy
Asthma Sinus Allergy
Acne Hay Fever
Crohn's Pet Allergy

COSMETIC ACUPUNCTURE

Beauty From The Inside Out

Face Lift Wrinkles
Eye Bags Brown Spot
Scar Wart

NATURAL VISION IMPROVEMENT

Traditional Chinese Medicine
for Retinitis Pigmentosa,
Diabetic Retinopathy, Cataracts,
glycauma, eye bleeding, eye
fatigue, painful eyes, blurred
vision, macular degeneration.



DR. WEIDONG YU

B.M. (China), M.P.H. (Belgium),
L.A.C. (US), R.Ac. (BC)

- ♦ Doctor of traditional Chinese medicine
- ♦ Registered Acupuncturist in B.C.
- ♦ International clinical experience in China, Belgium, U.S.A. and Canada since 1983
- ♦ Author of "Chinese Holographic Medicine" and more than 30 papers and books published



Member of Better Business
Bureau since 1997

For more info, Please call:

(604) 737-7876

916 W. King Edward Ave.

(at Oak Street, East Wing of Safeway Mall)

*a division of Wellspring TCM Technology Institute, Ltd.

Veggie Goes Mainstream

by Vesanto Melina

The last two decades have been a time of maturation for many of us, and a coming of age for the vegetarian movement. In 1982, the year of Common Ground's birth, vegetarians were typically regarded as part of the counterculture. Yet the seeds of change from the '70s had fallen on fertile soil and taken root, and these would have far reaching ramifications in the marketplace, among health professionals and across our entire culture. Here are a few examples.

In 1983, chef Yves Potvin cycled across America, and as he cycled, questions arose. Could healthy versions of easy-to-use favourites like hot dogs be created? Could fast foods be free of cholesterol and saturated fat? At the same time, could these meet and even exceed our standards of flavour? As Yves pedalled thousands of miles, a vision was born.

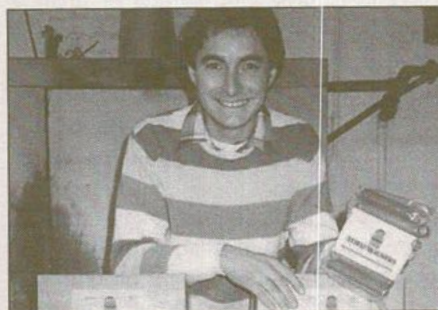
In January 1986, I was invited to present a seminar on vegetarian nutrition to the dietitians and home economists that formed the B.C. Nutrition Council. I had been vegetarian for eight years, and it began to dawn on me that dietitians, physicians, nurses and teachers were hungry for answers about the phenomenon that was occurring among some of their clients, patients and students—the replacement of meat, fish and poultry by plant alternatives. To maintain their credibility and keep up with the times, these professionals needed reliable, scientifically based answers to nutrition questions that had not been part of their academic training.

In 1987 John Robbins' *Diet for a New America* was released and his powerful, passionate voice alerted us to how our eating habits affect our lives, and indeed all of life on our planet. A small group of us invited John to come and speak in Vancouver, timidly hoping to draw enough of an audience to cover the rental fee for the rather large hall. We were awestruck to find that he drew a capacity crowd, plus hundreds that lined Robson Street, unable to enter the lecture theatre for his riveting presentation.

Over the next few years, the climate was exactly right to nurture the emergence of courses and books on vegetarian nutrition and vegetarian food. Having lectured in nutrition on UBC's faculty, I began by offering vegetarian nutrition classes through the University's Department of Continuing Education. It soon became obvious that nutrition lacked sensory appeal without food! Vegetarian cooking classes (advertised in *Common Ground*, as a matter of fact) were an instant

success—mine and those of others. I was joined by two classically trained chefs, Joseph Forest and Michael Fisher. Our course frequency leapt from twice a year to three courses a month. We were invited to appear on Gabereau, the CBC National News and were interviewed for *Maclean's* magazine.

By 1992, changes were appearing in the way dietetics associations characterized vegetarian diets. Instead of just telling



Founder of Yves foods, Yves Potvin, displays tofu veggie dogs.

women that it was dangerous to attempt to be vegetarian or vegan during pregnancy, sound advice about how to manage well was being offered (if one looked hard enough.) A decade later, a significant shift has occurred in the way health professionals regard vegetarian diets that were once considered "risky." With a little know-how, anyone (regardless of blood type) can succeed at becoming vegetarian or vegan, and reap immense health benefits in the process. Today, it is clear that the risky diet is, instead, laden with cholesterol and fat. Food safety issues, *Campylobacter*, *Salmonella* and *Listeria* are related to factory farming and to slaughterhouses. *E. coli* has been linked with Alberta's feedlot alley, and Walkerton's dairy farming community.

"...a single healthful diet cuts across disease categories to lower the risk of many chronic conditions."

Furthermore, there has been an explosion of research regarding the powerful protection afforded by plant foods, their vitamins, minerals, antioxidants, fiber and phytochemicals. The Unified Dietary Guidelines, agreed on in June 1999 by five health organizations (the American Cancer Society, American

Dietetic Association, American Academy of Pediatrics, National Institutes of Health and the American Heart Association) advise us to "choose most of what you eat from plant sources" and to "eat high-fat foods sparingly, especially those from animal sources." According to an author of the dietary guidelines, physician Dr. R. Deckelbaum, "The good news is that we don't need one diet to prevent heart disease, another to decrease cancer risk and yet another to prevent obesity and diabetes — a single healthful diet cuts across disease categories to lower the risk of many chronic conditions." And this diet is centered on plant foods.

Today, four percent of Canadians consider themselves vegetarian and eat that way. There's another big crowd that like to be called vegetarians, though their diet is not entirely free of meat, fish and poultry, and a further segment of the population who actually eat that way but don't identify with the "v" word. Among young adults there are twice as many vegetarians as in the North American population at large.

There have been significant changes within the vegetarian community. Twenty, and even ten years ago, the word vegan was almost unknown. Most vegetarian diets were heavy on omelets, grilled cheese sandwiches and three-cheese lasagna. Yet we began to realize that whatever one's reasons for being vegetarian, they extended to other animal products, not just meat. People whose primary dietary motivation was health noted the cholesterol and saturated fat contents of eggs and dairy products. Those with environmental concerns observed that dairy and egg farming can lead to massive amounts of manure, and to water pollution, and these by-products may be laced with antibiotics and other drugs. Vegetarians whose diet was chosen for animal rights reasons could not fail to notice that the milk cow is destined for the slaughterhouse line immediately after her productivity is exhausted, as is the (de-beaked) laying hen. This is true after a miserable factory farm existence.

Today, we find that the proportion that rely on eggs and dairy products has dropped from 95 percent of vegetarians to 64 percent, that 36 percent are vegan and that the shift toward plant foods continues. Vancouver's lively EarthSave Society (604-731-5885) hosts potlucks, speaker events, dine-outs, the Taste of Health food fair and a terrific Toastmasters club; members include people in all stages of transition toward a plant-based diet. Of United Airlines' half

million vegetarian meals served on flights during 1999, 40 percent were vegan.

In response to customer demand, vegan products have a firm foothold on supermarket shelves.

Safeway sells many types of plain and marinated tofu. Save-On-Foods stores feature well stocked and growing natural foods sections and have persevered in offering organic produce.

Sales of veggie "meats" have more than tripled in Canada from 1997 to 2001. B.C. based Yves Veggie Cuisine, and its prizewinning product line is an international success. While sales of fluid milk fall, soymilk crowds the coolers. Purchasers include the vegetarians—yet most buyers are non-vegetarian. Restaurateurs took note of polls indicating that 57 percent of diners "sometimes, often, or always" order a vegetarian item. As a result, most restaurants now offer several meatless choices. Not only that, the waitress or

waiter and the chef are likely to know the meaning of the word vegan, and can generally come up with an entirely plant-based dish to suit.

"Of United Airlines' half million vegetarian meals served on flights during 1999, 40 percent were vegan."

To quote Dr. Mervyn Hardinge, a pioneer of vegetarian nutrition who took part in the Harvard University's early human dietary studies on plant protein, "Attitudes toward vegetarian diets have progressed from ridicule and skepticism to condescending tolerance, to gradual and sometimes grudging acceptance, and finally to acclaim."



Vesanto Melina is an award-winning Registered Dietitian, author, speaker and consultant, based in Langley BC. Visit www.nutrispeak.com

or 604-882-6782. She was present at the celebration party that launched Common Ground twenty years ago.

My Story Continued from page 10
business with my best friend, managing and teaching with over \$300,000 worth of government contracts and living in a water view condominium in one of the prettiest cities of the world. Six months later, my world crashed almost completely.

August 31, '95 was a day I later referred to as "Black Thursday." I received a call from our contractors. There was a change in government policy and we would soon lose all of our contract money. My friend and I began to disagree about everything. Within four months, I had lost my most important friendship, left the business of my dreams and, due to complications, found out that I would never be a mother. One night while out to dinner with my husband my heart started pounding so badly I thought I was going to die.

Ashamed and devastated, and exactly one month to the date I left, I opened up Rhodes Career College, with one classroom, one office and my one remaining supporter, Lauchie. Whereas my first business was funded by

government contract and money flowed, there was no funding for this new school. We operated on a shoestring budget for the first several years. I battled anxiety and depression every day. My husband told me that success is pretty simple. He said that people who succeed just "keep going to the office." I did just that – even on those days when I wanted nothing more than to pull the covers over my head and stay in bed.

Rhodes Career College eventually succeeded and so did I. From this life changing experience I learned that everyone has their story and people do strange things when they are hurt. I learned that success is truly just showing up, working hard and that setbacks are "feedback." I'm now 45 years old. I do what I love. I work with creative, kind people who I love. I experience joy every day. I thank God for what I learned from that dark time in my life.

Ear to the ground continued from page 9
Government Total Recall

If you're tired of your current BC government and can't wait two years for elections, then you might consider *total recall*. John Olsen, of a group called Commons Protection Group has launched a website called RecallThemAll.ca. The group is based in Nanaimo and wants to see recall papers for all 77 MLA's handed in on Jan 13, 2003.

One MLA who won't be recalled, because he was turfed out of the BC Liberal government's caucus recently,

is Paul Nettleton. He was expelled after accusing the government of having a secret plan to sell BC Hydro. He will now serve as an independent for the Prince George-Omineca riding. If you happen to agree with him visit www.handsoffhydro.com and do your part. See ad, page 25.

Common Ground reader's email:
"Humans do not play a sustainable role in any natural ecosystem, thereby rendering our presence on this planet a courtesy. Our behaviour should reflect this honour."
Alex Nikolic, Whistler, BC

GRAND OPENING



Ecover Liquid Dish Soap
1 litre
Herbal and Lemon Aloe

\$3⁹⁹



Oregon Chai
946ml

\$4⁹⁹



Barbara's Crackers
Asst. Varieties
310g + 340g

\$3⁹⁹



Wholesome Sweeteners
Sucanat
454g

\$3⁴⁹

Muir Glen Salsa
Asst. Varieties
\$2.99 • 454 g

Skeet & Ikes Snacks
Pumpkin, Wasabi &
Rice Snacks
\$2.25 • 95 g
\$3.50 • 149 g

So Nice Soyganic
\$1.99 • 946 ml

Little Creek Salad Dressing
Original & Strawberry
\$4.39 • 375 ml

Omega Nutrition
Essential Balance
\$6.99 • 355 ml

Good Health Potato Chips
Asst. Varieties
Organic and Regular
\$3.99 • 142 g

Little Bear Crunchitos
Cheddar Puffs
2 for \$5.00 • 154g & 170g

DECEMBER 7-13th

DRIVE ORGANICS

1045 Commercial Drive, Vancouver BC • 604.678.9665 • organics@look.ca

CUT OUT AND BRING IN THIS AD TO RECEIVE THE DISPLAYED SPECIALS
Offer Available from Dec. 7 - 13th

Certified Organic Meats



TO ORDER, PLEASE CALL
OUR TOLL FREE NUMBER
TODAY AT 1-866-611-3311

Leo & Shelley
Deschamps & Family

Organa Farms
organafarms@yahoo.ca
1-866-611-3311
Yarrow BC., Canada
V2R 5H8

ORGANA FARMS

A small family Certified Organic Turkey Farm nestled in the foothills of the Fraser Valley.

Organa Farms grows food the old fashioned way with no medications, no chemical fertilizers, no herbicide's or pesticides. Organa Farms is BC's First Certified Handler Of Certified Organic Associations of BC standards, to ensure the integrity of our meat products. All our products come invacuum packed one pound packages, frozen and dated to ensure freshness of our products. We deliver through our Home Delivery Service, to the Greater Vancouver area every Saturday and Sunday.

Organa Farms has had Federal meat packing plants and butcher shops inspected and certified, to ensure they follow the strict procedures set out in the C.O.A.B.C. (Certified Organic Associations of BC) standards, to ensure the integrity of our meat products. All our products come invacuum packed one pound packages, frozen and dated to ensure freshness of our products. We deliver through our Home Delivery Service, to the Greater Vancouver area every Saturday and Sunday.

- Remember to order your fresh Christmas Turkey through Capers Turkey hotline: 604-739-6640. Fresh Turkey pieces available daily at all Capers locations.
- Introducing throughout the Lower Mainland fresh European Razor Back pork. For more information call 1-866-611-3311.
- Introducing Organa Farms 3RD year traditional Lamb. Available fresh daily at all Choices locations.
- For that last minute dinner idea make sure you try Organa Farms Certified boneless, skinless turkey breasts. Available fresh daily at all Capers locations.
- Certified Organic Meat also available through Small Potatoes Urban Delivery



Artist's Way to Sacred Geometry

A drawing course using basic shapes - circles, squares, triangles and more, then combining them together with colours creating beautiful works of art. It is an easy course for all ages designed to bring out the artist in all of us.

Don't Miss Out! Book Now!

604-536-1549

"Thank you for sharing this course, it changed my life" A. Vedam

I am such a... TOOL!

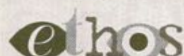
A powerful marketing tool that is.

I offer professional graphic design solutions tailored for your company and your goals...the perfect tool to grow your business. Corporate identities, logos, brochures, posters, catalogues, advertisements, packaging, web sites, direct mail...the possibilities are endless. *Eco friendly options available!*

www.ethosgraphicdesign.com

Call 604.681.4442

stimulating graphic design solutions with character



graphic design and illustration

2833 W 18th Ave, Vancouver BC



Soft Heat

Infrared Sauna

Relax while having a healthy sweat at a lower more comfortable temperature than in a conventional sauna. **Detoxification** of toxins and heavy metals. **Pain relief** from arthritis, fibromyalgia and other chronic pain conditions. Burn 600 calories in 30 minutes. Easy in-home assembly with no plumbing required. Different sizes available. www.infraredsauna.net

604-936-1766 or 1-888-291-6544

Evolutions in Healing

The Journey of Forgiving

A Workshop with Linda Sedesky

*Saturday, January 11th 9:00am - 3:00pm
Ramada Inn, 898 West Broadway*

Come and Experience the Beauty of Who You Are!

Information & Registration: 604-946-8626 or ellenbeck@telus.net

come visit

www.commonground.ca

search • subscribe • advertising info • directory • archive

On Track Zodiac

by Ilona Hedi Granik



Aries

Step into the shoes of excitement. You are shedding a new skin now, in technicolor. You throw the dice, and win yourself! Signs, omens and signals will show themselves. Turn down the drama and turn your meter to fully lit.



Taurus

Sing from the rooftops, breathe and jump for the pure joy of it. The only thing you have to lose is the stuck energy. Get vocal and start pounding out what no longer serves you. If tears fall, then they fall. If you scream, then scream. This new refresher course you invent for yourself is a boon.



Gemini

Imagine this is your last day on earth, what would you change? Well do it. Change your mind and keep that change. Take your own advice and get in the game. Postponing will not serve the great plans you had as a kid. You don't have to grow up. Fly kites if that's what moves you.



Cancer

Your sense of self is of paramount importance. What matters most is your opinion of yourself, without judgments. Carry no burdens. New relationships sweep into your reality. As you bend, you discover you have far reaching roots. Becoming more of the person that laughs at fear, your face is smiling back at you.



Leo

Riddles and paradoxes, everything shows its true colors. The trees are exposing the nests and there is nowhere to hide. If you have nothing to hide, you can stand in the face of any mistruth. Check in, check up, and move forward! Take care of that body. Clean the slate and wipe away the dust. Be still and know.



Virgo

Stick to your guns, your instincts are bang on. You have the gift of insight so start using it! Even if you fall down and go boom, you know looking back takes too much energy. Nature will nurture. Cherish and flourish.



Libra

Turtle Medicine time. The slow, wonderful way the turtle moves into each new moment. With every gesture you can feel yourself relax, and it's easy to do. Part of your nature, as well as seeking beauty, is also to seek solitude, and now there is a perfect window to recharge.



Scorpio

Color is the healer of choice. Wear them, consume the richness, and soak them all in. Dashes and splashes, creativity, and even mud. Change the way you start your day, as the old ways are losing their sticking power. Be dramatic. Alter, transform and amend. Life is a sand mandala, my friend.



Sagittarius

Quiet times are ahead, as you long for connection to build with another, there may be too much static. Best to lie low and test the waters of reflection and projection. Gifts of the inner dance to the surface. Ahhh the sleeping tide, as the power builds.



Capricorn

If your plans don't work out, remember, "The inner trip is the best trip." Visualize without having to compromise. The music inside takes you to new depths with remarkable swiftness. Start the journey and carry less. Abandon not your vision. There is nowhere to go but in.



Aquarius

Innocence becomes you, love serves you, and kindness surrounds you. A time of gathering friends and truly sharing is on the hit parade now. Your feeling of thankfulness for life is ripe, as long as you remember who you truly are. Stay genuine, lead and shy away from comparisons.



Pisces

With a fresh new style, taking new strides, let the Lego blocks fall. You will be dancing on air with your feet on the ground. Freedom and personal power make themselves known. Creativity is booming like a drum. Click your heels, snap your fingers, and stop the clock.

Ilona Hedi Granik is a clairvoyant consultant and author with 29 years of experience in astrology, multi-media art and the healing arena. www.iamstill.com

CELEBRATING 20 YEARS

RESOURCE DIRECTORY

Bodywork
Books & Music
Business Services
& Career Opportunities
Coaching
Dentistry

31 Events
31 Education & Certification
Health, Healing
32 Intuitive Arts
32 Looking Good
32 Marketplace

40 Natural Pet Care
32 Psychology, Therapy & Counselling
34 Restaurant/Food
36 Spiritual Practices
36 Time Out, Travel & Rentals
37 Yoga, & Fitness

37
38
37
37
37
37

BODYWORK



Bodywork

difficult pain solutions
relationship & sexuality
creativity blocks

www.philipclement.com

Energy Flow: When you are satisfied with how you communicate, your sexuality, health and creativity...your 'Energy Channels' are open, the energy flowing. You expand naturally and uniquely. You get to be who you are, and allow who you are to be! **New second location: Mark's Wellness Centre (@ 41st / Cambie) call 324-5717**

Energy blocks: Stress situations that repeat themselves when circumstances change (new city, same blues; new partner, same hassle) are a result of holding patterns in the musculature, posture and psyche. Release the tension held in at those levels, and the energy will flow.

My Bodywork: Principles and techniques from Reichian & Postural Integration, Corrective Massage, Gestalt, Deep Tissue, Contact Improv & Movement Therapy, Bio-energetics, Meridian and Subtle Energy Systems, Contextual Approaches and Love. Philip Clement (604) 809-9202 23 yrs. exp.



Jason Brhelle

Certified Rolfer®

(604) 514-2332 Langley B.C.
www.touch-works.com

Rolfing Can:

- Increase flexibility
- Relieve chronic joint and muscle pain
- Increase athletic performance
- Improve posture



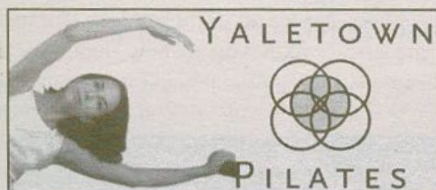
KIM'S ACUPUNCTURE & ACUPRESSURE WORK

Dr. Tony Kim

Tel: (604) 687-6880

#320-1525 Robson St., Vancouver
Registered Acupuncturist in BC #108

- Back pain
- Stress/insomnia
- Stop smoking
- Arthritis
- Shiatsu Acupressure Therapist
- Japan, Korea, Canada - 18 years experience
- Treated Japanese Prime Minister Hashimoto
- Neck, shoulder pain
- Migraine/headaches
- Chronic pain
- Balance Vital Energy



PILATES • YOGA • MASSAGE THERAPY
CHIROPRACTIC • PHYSICAL THERAPY
SHIATSU • AROMATHERAPY • GYROTONIC
REFLEXOLOGY • AROMATIC STEAM
604 • 646 • 0199

201 - 1037 Mainland @ Nelson
www.yaletownpilates.com



CranioSacral Therapy Maya Bennett

CranioSacral Therapy, Registered Massage
Therapist, Bachelors of Human Kinetics
Yaletown Massage Therapy
604.688.8601
1238 Homer @ Davie
complimentary steam session

CranioSacral therapy removes restrictions in the body by restoring fluidity to the membranes encasing the brain and spinal cord. It alleviates accumulated and chronic pain ranging from neck, back, and TMJ, to nervous system disorders, and it eases the emotional stress that often accompanies physical injury. **A subtle approach with powerful effects.**



SOUL REFLEXIONS

Massage and Organic Spa Therapies
Swedish Massage
Reiki & Chakra Balancing
Reflexology

European Organic Skin Care
Beach Avenue, Vancouver
Open daily 9am - 9pm.
Suzy 604.408.0307

ESCAPE the cold and rain! Experience ULTIMATE relaxation in a warm, cozy, private environment. EFFECTIVE & rejuvenating therapies. ADDICTIVE HOT ORGANIC skin care! Combine above for FREE salt glow intro & hot towel therapy and SAVE \$15.00. Great holiday savings! Suzy 604.408.0307. Visit www.soulreflexions.com.



ROLFING®

Grounding and Uplifting

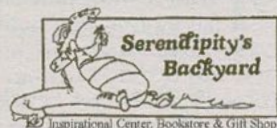
Hans Diehl
Certified Rolfer

Van (604) 431-7661

Free Consultation

How can you benefit from Rolfing? It holistically balances the body's shape and structure. As structure improves, function improves: chronic pain is relieved; posture is improved; with greater ease of movement, heightened athletic performance and opportunities for personal growth. **Kitsilano & Coquitlam** locations to serve you.

BOOKS & MUSIC



120, 12031 FIRST AVE. RICHMOND
STEVESTON

Serendipity's Backyard, now in its 15th year, and under the present ownership of Penny Allport for the past 11 years is a "sanctuary for the senses" in Steveston (Richmond), BC. Serendipity's began as a Metaphysical Bookstore, and has bloomed into an Inspirational Centre, Bookstore and Giftshop,

having added "The Sacred Tree House" Yoga/ Movement/Meditation Studio next door to the store 5 years ago. Filled with incredible jewellery, altar pieces, books, cds, amazing crystals, gemstones and rare specimens, cards, large Buddha and Balinese carvings and so much more. It is worth the short trip

from the City (25 minutes). At the end of this year Penny will be closing for a few weeks to create even more of a haven. Enjoy many pre-renovation specials during November and December and check out the new look in January at our Grand Reopening Weekend, January 10-12, 2003. 604-275-1683

ABRAHAM'S BOOKS

1721 Grant Street
Off Commercial Drive
2 blocks North of 1st Ave.



Used & Rare Metaphysical Books

Best selection of used metaphysical books in Western Canada. Also excellent fine arts, fiction & more. Rare finds at bargain prices! Recycle your books. We do housecalls. Buy, sell, trade, donate. Open 7 days 11 - 6pm (604)253-1952 abesbooks@hotmail.com

BANYEN BOOKS & SOUND



online: www.banyen.com

For the largest selection of books, tapes & CDs in Spiritual Traditions, Metaphysics, Mythology, Psychology, Relationships, the Healing Arts, Nutrition, Ecology, Native Wisdom... **Mail Order 1-800-663-8442.** Free Catalogue. 2671 W Broadway, VANCOUVER, BC V6K 2G2. **Books:** (604)732-7912. **Sound:** (604)737-8858. Hours: M-F, 10-9; Sat. 10-8; Sun. 11-7.

BUSINESS SERVICES & CAREER OPPORTUNITIES



CARS BY HANK

Need advice on buying your next car?
I sell the finest used cars in B.C.
I sell makes and models that my
37 years experience with cars have proven
to be dependable. D10566 PS autosales.
Call Hank Melanson, 739-8494.



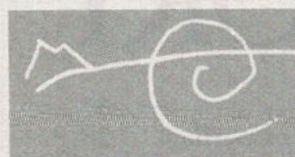
**The Happy
Bookkeepers Inc.**

(604) 924-0702

Have you heard about our Nanny Accounts?

We provide small business with a survival tool that
makes all the difference. Get a little help from your
friends at the The Happy Bookkeepers

Your first consultation is free.



rodney f cottrell holistic architecture

Create prosperous environments through the
synergy of energy and space. Architectural
and site design, interiors. Sacred geometries,
intuitive design, geomancy, green building.
New construction, renovations. Residential,
institutional, commercial. Free initial
consultation. www.holisticarchitecture.net
604.681.4241

CPS IMPORTS LTD.
(WHOLESALE ONLY)

Crystals, spheres, wands, crystal pendants,
sterling silver jewellery and so much
more. For further information contact us
at: 1-800-877-3877 Saturna Island, BC
e-mail: cps@gulfislands.com

DIVORCE LAW FREE LEGAL INFORMATION
at Donald Moir's Family Law Canada
website (<http://ourworld.compuserve.com/homepages/dlmoir>). Budget-conscious, child-
centred legal advice and advocacy. Over 10
years legal experience. Moir & Moir, Lawyers,
Vancouver. Call us: 604-685-7996.

START HERE, START NOW, START EARNING
Work from home at your computer online
during your time! PT/FT \$20-80/hr.
Full training provided. No experience
necessary. www.morethansuccess.com or
call 1-888-401-2088

"Your teacher can open the door, but you must enter by yourself."

- Chinese proverb

COACHING



**Find Your
Passion &
Purpose In Life!
Realize Your
Dreams!**

Florence R. Rickards, MBA, CHRP, CCRC,
RSW, is a Professional Success Coach,
Speaker, Author, and Creator/Facilitator
of the **You CAN Realize Your Dreams™**
Seminar and **DREAMBUILDERS 2003™**
Program. Florence's passion is coaching
individuals who are ready to honor their
discontent and connect or reconnect with

their life's longing...their passion...their
purpose in life! Her clients either are, or
are ready to become, courageous, visionary,
possibility thinkers who can imagine
great light-filled possibilities ahead. They
are individuals with a burning desire for
a better life - a different life - a life filled
with meaning and purpose, happiness and

fulfillment! If you are ready to become
fully alive, inspired and energized,
Call (604) 931-9021 or 1-866-931-9021
for information, appointment, or to book
Florence for an upcoming event.

lighthouse-coaching@shaw.ca
www.lighthouse-coaching.ca



Glenn Schentag

Personal / Executive Coach
604-209-8181



Do you want better results in your life?
Pick up the phone. Make the call that
will start a support process that results
in more of what you want; personal
success & happiness. I have a Business/
Entrepreneurial/Technical background.
Call me or visit www.coachingsupport.ca

"To not advance is to retreat."

- Tsunesaburo Makiguchi

DENTISTRY

It is possible to have a



Blissful Dental
Experience!
Wellness Centered
Dentistry
Dr. Riko Ricketts

MERCURY FREE DENTISTRY

- Non Metallic restoration
- Nutritional guidance
- Homeopathics
- Anxiety control
- Sleep dentistry

New Clients and questions are always welcome.
Tel: (604)736-4535 Toll Free: 1(888)242-7206
#303-1770 W.7th Ave, Vancouver, BC.
".....because you deserve it."



DR. PATRICK J.S.
FINNIGAN
MERCURY FREE
DENTISTRY

Tooth Coloured Restorations
Testing for material compatibility, Nutritional
Counselling. New patients always welcome.
202-4545 West 10th Ave., Vancouver, BC.
Ph: 604-224-3288, Fax 604-224-3289
Email: pjsfdds@telus.net

EDUCATION & CERTIFICATION



**CERTIFIED
MASSAGE
PROGRAMS**

- Chair Massage
 - Table Massage
 - Hot Stone Massage
- 604 873-1518

Introducing relaxation table massage this
fall. You will learn all you need to know
to practice massage. Complement your
table practice with Hot Stone Massage - an
amazing technique that will save your hands
and bring total relaxation to your clients!

Our courses are intense and fun with lots
of 'hands-on' learning as well as theory on
contradictions, anatomy and body mechanics.
Manual included with each course. In our 4th
year of teaching.

Also new this fall for Holistic Practitioners:
Anatomy & Physiology. 50 hours of
interactive, hands-on learning. **Being**
Successful at the Work You Love exciting
new business & Marketing seminar. How to
increase your clients and income. Networking
& ongoing support available.



**The Gestalt
Experiential
Training
Institute**

The Gestalt Experiential Training Institute
is pleased to announce the next training
September 2003 to June 2004. The institute
is now an affiliate of Westbrook University
and credits go towards a Masters Programme
when available. For info call 604 732 4774.

Our Story-

GETI was founded in 1982 by Dolores Bate,
M.A. and Dr. Les Greenberg. Since then it has
continued to provide education, training, and

experience in Gestalt Therapy. The present
program now leads to a Masters Degree
through Westbrook University.

EDUCATION & CERTIFICATION

Maui School of Therapeutic Massage



Learn massage therapy while enjoying the sun and sea of Hawaii! Our "state-of-the-heart," professional program provides you with the knowledge, skills and confidence to open your own bodywork practice.

- Facilitate healing for yourself and others
- Make a difference in your community
- Earn a good income and be your own boss
- Experience personal growth and transformation

Our 600-hour certification program is one of the most affordable anywhere at only \$3,300 U.S. Part-time, 12-month programs begin every September and March. Full-time, 7 month programs begin in mid-September. Curriculum includes anatomy, assessment, medical massage, Swedish, neuromuscular, shiatsu, Hawaiian lomilomi, reflexology, sports, body-mind and a fully-supervised public clinic. The school is located on the island of Maui,

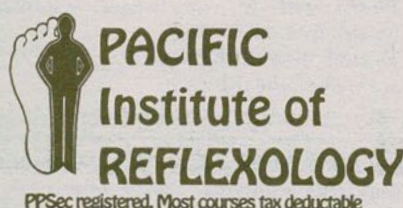
where the warm ocean, gentle climate and lush tropical beauty encourage deep relaxation and exploration of the healing process. Student visas available for 7 and 12 month programs. For more information and free catalog, write **Maui School of Therapeutic Massage**, P.O. Box 1891, Makawao, Hawaii 96768. Phone: (808)572-1888 or visit our website at www.massagemau.com



Become a competent, confident Reflexologist. Learn from **Yvette Eastman**. Yvette has been teaching for nearly 30 years and is the Head Instructor for the full time - 19 week **Reflexology Diploma Program**. Yvette also teaches **Touch for Health** 1-4 and **Reiki**. Touchpoint is registered with Private Post-Secondary Education Commission.

All our programs are 85% hands-on; they are fun-filled, stress-free, complete & intense. Touchpoint books, charts, and videos are superior. Full-time 19-week Reflexology Diploma program starts March 2003 including built-in mini-courses open to the public. Student loans are available. Other classes: Reflexology Level 1 -May 23-25th, 2003 Level 2/

3 - Home Office Port Moody "Touch for Health" Levels 1-4 April 17 - 21. Pawspoint Reflexology for Animals -TBA. To order, register or receive our catalogue or for sessions, phone 604-936-3227. If out of town, 1-800-211-3533. Email: Yvette@touchpointreflexology.com www.touchpointreflexology.com



REFLEXOLOGY is taught as an intuitive healing art. Courses are designed to provide a structure that supports you in developing your own intuitive sense of reflexology. A holistic orientation prevails.

Holistic Reflexology: An Introduction Informational evening talk and "hands-on" presentation. \$10. See "Datebook."

Basic Foot or Hand Reflexology Certificate Courses

Twenty hours of expert instruction plus forty practicum hours prepare you to practice hand or foot reflexology competently. \$295.

See "Date Book".

Advanced Foot Reflexology Certificate Course Refine and expand your knowledge and skills

to enhance your effectiveness practicing foot reflexology. \$295. All courses are offered on a regular basis year round.

For registration or information:

Pacific Institute of Reflexology
535 West 10th Avenue/Cambie **VANCOUVER**, B.C. V5Z 1K9. (604)875-8818. Fax: 875-8868
Website: <http://www.pacificreflexology.com>



RAC is Canada's only national association, training and certifying Reflexologists since 1976.

Our Foot Reflexology certification training will provide you with the skills to practice this profoundly effective healing therapy. RAC's Foot Reflexology Certification Course consists of 110 credit hours:

- 35 hours of classroom instruction
- 15 hour homework component
- 60 case practicum

Post-graduate courses include Hand Reflexology and Ear Reflexology. **The Reflexology Association of Canada is registered with Private Post Secondary Education Commission.** The next Foot Reflexology Course scheduled for 2003 in the Vancouver area will be held on: February 15/16, March 1/2 & March 15/16

Please note that RAC courses are being offered on a regular basis in Vancouver. Please call Linda or Alison for further details.

To receive an information package or to register, please contact:

Linda Baril (250) 339-0110 lbaril@shaw.ca
Alison Rippin (250) 727-3199 arippin@islandnet.com



Homeopathic Master Clinician Course

Deeply improve your skills as a caring Homeopath. Come study with **Louis Klein** and the Homeopathic Master Clinician Course. This widely acclaimed course in Homeopathy is returning to Vancouver starting February 2003. Limited registration. 604-947-0757 or visit www.homeopathycourses.com

The Shiatsustructor® Program New 2 Week Chair Shiatsu Course Available



Canadian College of
Shiatsu Therapy
• Vancouver (604)694-0095
• North Van (604)904-4187
E-Mail: info@oyayubi.com
Website: www.oyayubi.com

Learn Japanese Shiatsu directly from Kiyoshi Ikenaga, Japanese Registered instructor. Upon successful completion of the program students will be eligible to apply to the Canadian Shiatsu Society of BC (CSSBC) for Shiatsustructor® status. Registered with PPSEC. Accredited with CSSBC Professional Clinic from \$35/30 min. School Clinic \$25/60-90 min.

MASTER NLP

Neuro Linguistic Programming
MASTER Practitioner & Hypnosis Practitioner
Including Time Linked Techniques™
NL Palmer & Associates
Beginning January 17,18,19th 2003
White Rock, BC
Call: 604-536-4862



British Columbia Institute of Holistic Studies

203-45744 Gaetz St.
Chilliwack, BC V2R 3P1
bcis@telus.net

We are dedicated to providing a learning environment which embraces traditional & contemporary methods of therapy to produce skilled, caring practitioners. Courses in Aromatherapy, Reflexology, Shiatsu, Iridology & Holistic Practitioner. Meets the standards of the BCAA and NAHA. Registered with PPSEC. 1-888-826-4722



HEALING BODYWORK CENTRE MARY BENSON 737-8350

Registered with the
Private Post-Secondary
Education Commission of BC

CERTIFIED MASSAGE CLASSES

10 week bodywork course including Swedish, Lomi-Lomi, Shiatsu, Reflexology and Aromatherapy. Begins January 21st, 2003. Also available lymphatic drainage course. Call for brochure. www.healingbodyworkcentre.com

Canadian Acupressure Institute



Realize Your Goals With a New Career

- Jin Shin Do® Acupressure Diploma
 - Certificate of Jin Shin Do®
 - Shiatsu Therapist Diploma Program
- PPSEC accredited. 1-877-909-2244 or www.acupressureshiatusschool.com

WEST COAST INSTITUTE OF AROMATHERAPY
Offering quality home study courses, for everyone from the enthusiast to the professional. Learn how to safely incorporate essential oils into your life to enhance your body, mind and spirit. Contact Beverley at (604) 267-3779 E-mail: wcia@telus.net
Website: www.westcoastaromatherapy.com

AROMATHERAPY MASSAGE
12-WEEK CERTIFIED PROGRAM
Sundays or Mondays 10-5, with Lynda Henderson & Paul Crowder. INFO night Jan 8. Program starts Jan 12 & 13. Aromatherapy, Swedish, Shiatsu, Reflexology, Facials, Group Rebirthing, Sweat Lodge. 15+ years and 100's of satisfied participants of all ages. Lynda 604-263-5204 & Paul 604-671-1738

INTERNATIONAL COLLEGE OF TRADITIONAL CHINESE MEDICINE OF VANCOUVER

is one of the largest and most professional institutions to teach Acupuncture & Chinese Medicine in Canada. The College Clinic is open to the public, offering free consultation and very low cost on Acupuncture & Chinese massage. Call (604)731-2926. Please see our ad on page 19 or check our website: www.tcmcollege.com

"Everyone fails sometimes, but no one is ever a failure."

- Taro Gold

HEALTH & HEALING

 **PACIFIC**
Institute of
REFLEXOLOGY
PPSec registered. Most courses tax deductible

Enjoy Deep Blissful Relaxation!

Reflexology is taught and practiced as a potent, safe way to: free stress and tension, relieve pain, improve circulation, and facilitate the body's healing processes. Gentle, soothing stimulation of foot, hand or ear reflexes revitalizes your whole body. **Private Sessions** Enjoy the healthy benefits of therapeutic half-hour sessions: \$30.

Student Clinic: Tuesday evenings, sessions only \$15. Revitalize yourself, you deserve it. Book your appointment now!

"Recreational Reflexology" Video Guide Enjoy pleasurable, quality time with your family and friends following expert guidance to foot reflexology sessions. Only \$29.95 for endless enjoyment!

Training

Certificate courses prepare you to practice reflexology competently. \$275. See: Education Listing. Books, charts, "MASEUR" sandals and self-help tools available. 535 West 10th Avenue/Cambie **VANCOUVER**, B.C. V5Z 1K9. (604) 875-8818. Fax: 875-8868 Website: <http://www.pacificreflexology.com>

 **Lotus Moon**
Irena Bujan
Certified Feng Shui Consultant
Residential & Commercial
604-626-1123 ~ journeys@dccnet.com

Receive an effective consultation by a certified BTB Feng Shui practitioner. Benefits of a professional consultation: clutter & space clearing; improving specific life areas; energy enhancing colour schemes, correct application of Feng Shui design principles. Each consultation is unique and focuses on your individual needs. **Until Dec 6 Readers receive a 15% consultation discount.**

My Story-

Energy work is a central part of Irena's life. She incorporates the principles of internal energy healing, Reiki (Level III) and chakra balancing, into her external energy work, Feng Shui. Fascinated by the ancient art

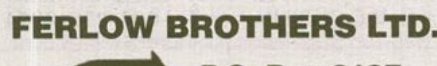
of placement, Feng Shui, Irena became a professionally trained and certified BTB Feng Shui practitioner. In addition, her Feng Shui lineage is directly linked to Grandmaster Lin Yun, the teacher of world's most renowned and respected Feng Shui experts. Irena Bujan

 **SWANS**
HEALTH PRODUCTS
Selective, Water, Air, Natural, Solutions

We invite you to visit the Lower Mainland's most unique health store
• Air & Water Purification
• Soft Heat Infrared Sauna
• Enerex Botanical
• Biological Terrain Assessment
• Ferlow Brothers

• Homeopathic medicine
• Raintree Nutrition
• Ion Cleanse
• Cell food Family
• Vita- Lights
Vancouver's best selection of Yerba Mate Teas

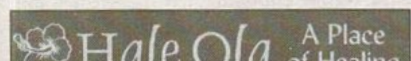
Come Have a Sauna and be rejuvenated at our Recreational Oxygen Bar
Please call for any further information
Swans 604-536-1150
E-mail swans@shaw.ca
www.swanshealth.com

 **FERLOW BROTHERS LTD.**
P.O. Box 3197
Mission, B.C.
V2V 4J4
www.ferlowbrothers.com

We are a 100% Canadian owner operated company. Manufacturing natural herbal products since 1993, offering a complete program of products (creams, lotions, shampoo, soap, extracts, oils, spray, tinctures, toothpaste) using standardized Physician-grade **certified organic**, organic or wild-crafted herbal extracts and other

premium quality ingredients. **Mission statement:** To be an innovator and leader in the natural herbal products industry supplying fresh products without harsh chemicals, synthetics, artificial colour, scent and preservatives to Professional Health & Wellness Practitioners only, at affordable prices. **BACK TO MOTHER NATURE!**

Quality & Service since 1975. **Consultant inquiries welcome.** Please phone us for the nearest Consultant, (604) 820-1777 or visit SWANS Health Products, 15237 16th Ave., Surrey, B.C. (604) 536-1150, & Inessence - Skin Synergies, 561 West 19th Ave., Vancouver, B.C. (604) 874-3119. (604) 820-1777, Fax (604) 820-1919. email: info@ferlowbrothers.com

 **Hale Ola** A Place of Healing
NATURAL HEALTH STORE & MASSAGE CLINIC
Dean and Shizuko, CMT, HHP
Denise Nickel, RST Avail Tues &/or Sun
www.lomi4life.com (604) 431-7474
ICBC & WCB claims accepted

Hale Ola -- A Place of Healing offers positive results to all that they meet with the Touch of Aloha. Dean and Shizuko have been certified by Auntie Margaret Machado and Dr. Dane Silva in Authentic Hawaiian Lomilomi. **Members of the Hawaiian Lomilomi Association.** We have both studied over 2000 hours in Massage

Therapy & Holistic Health in Hawaii & at The Heartwood Institute Inc. North California. The Clinic offers supportive, deep, results orientated massage work and herbal consulting with the modern understanding in a traditional base. **The Organic Wellness Store** carries Healing foods, health books, crystals and

gemstones for healers, Bach flower remedies, vitamins and essential oils. Christmas Gift Sale 10 to 40% off of crystals, gemstones and jewelry. Lomi lomi Workshop Level I starts in February 2003. Call us for information. **Open 10am-7pm Tue-Sun. 1215 Madison Ave Burnaby, near Brentwood Skytrain.**

 **SKIN DISEASE TREATMENT**

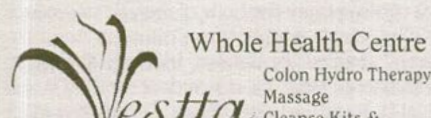
Dr. Andy Zhou Registered Acupuncturist
Doctor of Traditional Chinese Medicine
Specializing in skin disease.
With over 15 years in Canada, U.K. and China. The unique internal herbal treatment and acupuncture combined with traditional herbal ointment make his methods of healing very effective.

Specializing in:

- Eczema
- Psoriasis
- Skin Rash
- Skin Allergy
- Hives
- Rosacea
- Skin Itching
- Athlete's Foot
- Herpes
- Acne
- Hair Loss
- Vitiligo
- Yellow Spot
- Lupus

Please call:

Dr. Andy Zhou
The Centre for Traditional Chinese Medicine
#306 - 1701 W. Broadway
(between Granville & Burrard @ Pine Street)
Vancouver, B.C. V6J 1Y3
Tel. (604) 736-6010

 **Whole Health Centre**
Colon Hydro Therapy
Massage
Cleanse Kits &
Weight Loss.
Suite 209 2760 West Broadway. 604-731-3571
www.vesttawholehealth.com

Have you heard of the benefits of Colonics?
Colonics improve circulation by increasing absorption of water through the large intestine which helps to bathe cells, flush toxins and cleanse the colon as well as the kidneys, liver and skin (through the lymphatic system). Colonics help to eliminate the poisons of putrefaction from the large intestine and allow healthy bacteria

to flourish again. A series of Colonics treatments may increase your colon's tone and function while removing excess mucous, parasites and abnormal bacteria. As well as all the fantastic internal benefits. The results that are outwardly visible and felt include a greater sense of youth and vitality, better memory, clear vision, healthier skin and

nails. At Vestta all our cleansing guides are certified colon therapists. Call and get started now! Side effects of a poor functioning colon. Skin becomes sallow and wrinkled. Lungs become congested, breath odor is foul. Heart overworked and becomes weak. We feel old, glands become tired. We lack enthusiasm and sexual desire.

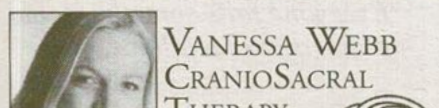
The Legacy of Health Care
TCM & Acupuncture Clinic
Max Chen
Registered Acupuncturist
Registered TCM Practitioner
(604) 988-2778
156 W. 3rd St N. Vancouver
Free Consultation for New Patients until Dec 31/02

Specialized in: * All kinds of Pain Syndrome
• Arthritis • Fatigue • Asthma • Eczema
• Insomnia • Hypertension • Migraine
• Digestive Disorder • Respiratory Disorder
• Menstrual Disorder • Menopausal Syndrome • Acupressure - "Tui Na" **Special Packages are provided for quitting smoking and weight loss.**

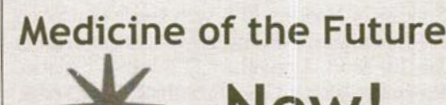


BC Clinic of Traditional Chinese Medicine
206-370 East Broadway,
Vancouver, BC
(inside Kingsgate Mall)
604-872-6833

Attention Allergy Sufferers Prevent spring allergy attacks! Dr. Lyla Yip is a Registered Acupuncturist who specializes in chronic disorders such as: asthma, eczema, fibromyalgia, anxiety attacks, depression, chronic neck, shoulder and back pain, and many others. Dr. Yip also teaches Tai Ji and courses in Traditional Chinese Medicine.

 **VANESSA WEBB**
CRANIOSACRAL THERAPY
Tel: 734-7790

Whether releasing injuries or habitual holding patterns, opening body consciousness facilitates awareness of other parts of ourselves. Vanessa sees CranioSacral Therapy as a way for people to find out more of who they really are and to ground that awareness into the body.

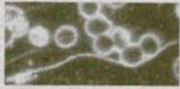
Medicine of the Future
 **Now!**
Experience the QXCI Computer Health Test

World's Most Advanced 2-Way Bio-Energetic System • Tests Reactions to 8500 + Items (Vitamins, Minerals, etc) • Over 200 Therapy Choices • Tap into the Wisdom of your Superconscious! Dave Cowan BA Psch. Certified Nutritional Consultant call (250) 675-3364 Lower Mainland (604) 328-9415

HEALTH & HEALING



Live Blood Analysis



OXYGEN HEALTH SPA

Peter Morrow is a pharmacy certified blood analyst and oxygen therapist. Using a powerful microscope, view one drop of your blood on our monitor - an instant & accurate window to your health & well-being! Find out exactly what your body needs to regain health & vitality. Call now - save \$\$ with this ad. Detoxification packages. Vancouver/S. Surrey 604-837-8577



Oxygen Therapy
The European Cleanse
Detoxify Your Body
Reduce Cellulite
Decrease Stress
Enhance Vitality/Immune System **Only \$24**

OXYGEN HEALTH SPA

The European Cleanse is the most advanced method available for removing toxins from the body in a safe, non-invasive, natural method. Relax as medical grade oxygen and activated oxygen flow into your body eliminating toxins, purifying the lymphatic system and blood. Rejuvenate and regain energy!! **Save 50% 1st treatment.** Call Now. 604-837-8577. Vancouver/S. Surrey



Valerie Kemp
739-9916
~ CRANIAL SACRAL
& LYMPH DRAINAGE
THERAPY AND MUCH
MORE!

Often chronic physical symptoms and emotional, mental and spiritual stress are locked into multiple systems of the body. One technique often does not work to bring about a cure or relief. Valerie offers you an eclectic approach to provide you with the most complete treatment. She constantly updates her training internationally with the latest healing techniques. Booking Nov and Dec appointments. Call: 604-739-9916

Dr. Peter Zhou
DTCM
Registered
Acupuncturist
ICBC, WCB &
Extended



Health Care Accepted
22 Years Clinical Experience

Dr. Zhou, a **qualified MD** and former director of a hospital in China, invited massage instructor in Langara College, specializes in Arthritis, Neck and Back Pain, Fibromyalgia, Fatigue, Depression, Insomnia, Migraine, Gynecological Disorders, Stroke, Allergies, Weight Loss, Asthma, Hypertension, Skin Problems. 611-2525 Willow St. (West Broadway) Van: 876-8618. Coq: 939-7533. <http://drpeterzhoudtcm.tripod.com>



Dr. Tony Zhuo

SPECIALIZING IN TREATING
FIBROMYALGIA
• Quick results
• Short treating period
• High success rate
• Low relapse rate
(604) 739-2388
www.optimum-health-care.com

• New theory of pathogeny
• New acupuncture techniques
• New herbal formula
Treat complications like:
• Depression • Chronic fatigue • Sleep disorders
Free Health Seminars every Saturday, 3pm
Suite 305 - 2150 W. Broadway, Vancouver



Transformational
Bodywork
Devaki Drache

"My Heart Reaches Out To Your Heart"
Listening, Sensitive Hands and open dialogue welcome what is arising. Creates possibility for deep understanding of stress. Learn to trust your own process. Certified ROSEN METHOD bodywork practitioner and R.C.C. Sliding scale. 604-222-2054

Westcoast Naturopathic Clinic

Naturopathic Physician
Dr. Glenda Laxton

Personal health-care management to fit your needs

Specialities
Woman's Health & Gynecology
Homeopathy - Bowen technique - Nutrition
Hydrotherapy - Botanical Medicine
Accepting new patients - Families welcome
#1114 - 1030 W. Georgia
604-681-5585



INNER FOCUS
Barb Weston RP-CRA
Usui Reiki Master
Telephone: (604) 985-7302
barb@innerfocus.ca
<http://www.innerfocus.ca>

Reiki can:
• Balance the body's energies
• Help the body rid itself of toxins
• Encourage the release of disease in the mind, body and spirit
• Promote deep relaxation
• Enhance the body's natural ability to heal itself by positively affecting the immune system



Rozjael Rosgen
604-267-1500

The work speaks for itself.

"I found the treatments with Rozjael to be profound beyond description. Since treatment I have had an amazing turn around in the Post Polio Syndrome symptoms." - Florence M. with Gratitude.



New Leaf
Natural
Health
Clinic

Herbal Medicine, Acupuncture, Bach Flower Remedies, Clinical Counselling, Cranio-sacral, Massage Therapy, Reflexology, Reiki, Shiatsu
314-260 W Esplanade
North Vancouver 604-980-5919



ACUPUNCTURE
HERBAL MEDICINE
ANGELA LIU
Doctor of Traditional
Chinese Medicine
Registered Acupuncturist
605-3382
Trained in Canada and China.

Special Package for
Stopping Smoking and Weight Loss
• Back pain • Arthritis • Insomnia • Fatigue
• Digestive disorders • Respiratory disorders
• Gynecological issues • Skin disorders
Low-Cost Acupuncture Package
Free Initial Consultation for December
Chinatown Centre Medical Clinic
#165 - 288 East Georgia Street, Vancouver

Women's
Health
Naturally
20 Years Clinical Experience
604-738-5185
ICBC, WCB Extended
Medical Accepted



Dr. Ting Ting Jiang, D.T.C.M.

Specializing in treating:
• Endometriosis • Infertility
• Menstrual Cramps • I.V.F. Preparation
• Heavy Bleeding • P.M.S.
• Uterine Fibroids • Ovarian Cysts
• Miscarriage • Fibrocystic Breast
• Bladder Infection • Candidas
410-2184 W. Broadway, Van. (at Arbutus)

MANA PONO HEALING

Kevin Shane Wilson
"The quickening of human consciousness is here"
604-251-2127
www.zenith-healing.com
Live in Constant Amazement



• Kahi-Loa Hawaiian Massage
• Zenith Vibrational Healing
• Intuitive Card Readings
• Amazon Bio-Energetics - (Food/Herbs)
• Home/Business Cleansing - Smudging
Eternal bliss and abundance is our natural state of being. Your spiritual warrior within is waiting to be born.



METABOLISM
Management Consultant
John Park, MSc.
(604) 904-5677
Was a guest on **Croft Woodruff's**
Healthy Living Radio Talk Show

Discover Powerful Solutions for Health Restoration through Metabolism Analysis & Correction (MAC).
Ten metabolic imbalances cause many chronic symptoms. MAC identifies abnormalities in live blood & hair mineral tests. MAC program is **critical** to restoring health. We welcome your questions. Fax: (604) 980-4640

Sue Dumais
604-312-8203
12 Weeks to
Weight Loss & Wellness
www.fitnessbysue.com
email: info@fitnessbysue.com



A Non-diet Approach To Permanent Weight Loss. This program provides education, motivation and support. • Nutrition • Exercise • Stress Management • Awareness Empower your mind and body! Increase your self-confidence! **Free consultation.** Changing your life, one step at a time.



The
Alexander
Technique
Centre
604-737-2818

The Alexander Technique is a method of mental and physical re-education which has the effect of reducing unnecessary tension in all human activity. It teaches you how to use your body to its best advantage. **CANSTAT Certified Teacher Training available.** #110-809 West 41st. Ave. VANCOUVER.

HEALTH & HEALING



**LOVE
HEALS**

Anne McMurtry, Ph.D
Reiki Master

I offer **healing sessions** blending Reiki, crystals & gemstones, channelling, sacred sound, aromatherapy and colour healing. Past Life Regressions and deep trance work also offered. **Ongoing workshops offered in Reiki I, II & III, Crystal and Gemstone Training.** Please call **604-734-8219**



Jenny Lou Linley

*Certified
Hellerwork Practitioner*

733-0339

Deep tissue release results in an expanded, lighter, **more alive state of being.** Interactive dialogue connects mind, body, spirit. Movement awareness supports postural changes. **Good for** injuries, carpal tunnel, thoracic outlet, chronic back pain, joint problems, stress, tension, personal growth. **A profound experience!** FREE 1/2 hour consultation.

PSYCHIC READINGS, TAROT, CHANNELLING, COUNSELLING, PARTIES, past, present, future & weekly forecasts. Sore Muscles? No Energy? Fed up with slow recovery? Ready for results? Rejuvenating

Aromatherapy Massage, a must experience! Gift Certificates Available. "Sanatra" 17yrs **1-604-819-6555** Chilliwack B.C. www.beingbliss.ca

"Just because you're paranoid, it doesn't mean they're not after you."

- Anonymous

INTUITIVE ARTS

EVANLY-RAYS



**Psychic Answers
Balancing
Your life's problems
correctly**

EVANLY RAYS PSYCHIC ANSWERS...WE ARE THE VERY 1ST IN CANADA TO PROVIDE 1-900 PSYCHIC SERVICE. Serving more Canadian customers than all other Canadian companies combined First choice of customers... rated the best every year since 1995 for most accurate predictions. First and currently only company in Canada to pass

and incorporate rules of ethics set by UNITED SOCIETY OF PROFESSIONAL ASTROLOGERS AND PSYCHICS.

65 Psychics and over 30 Clairvoyant psychics who have a certified degree in Astrology. (A spirit, soul and scientific reading that is amazingly accurate). Relationships, careers, life depression, instant psychic

relief. Spouse unfaithful...promotion declined...too tired mentally to have fun. Try us and find out why customers truly say Evanly Rays Psychics are #1.

For entertainment only.

18 + \$2.99/min 24hrs

Call 1-900-451-4055

ALL CALLS CONFIDENTIAL



Ria
Intuitive Consultant/ Life Coach
Galactic Astrologer
(604) 879 - 2483

riaawakening@yahoo.ca

<http://www.home.earthlink.net/~dskeith/awakenings.htm>

With much honour, humour and heart, I assist you in remembering who you really are...As an intuitive consultant/life coach, I have created an eclectic process which enables me to read your ancient galactic origins and DNA encodements. I then assist you in recognizing your true history...we share the joys of **discovering your original soul purpose**, and the

many gifts you possessed to achieve this...we also share your traumas...some of which may have created a false 'energy field' around you. This field may severely inhibit your ability to attract truly fulfilling relationships; joyful work; a balanced creative and emotional life. We then bring our work to the present to transform these energies together. Deeply

spiritual, yet highly practical.. I bring over **30 years experience** as: intuitive consultant, coach, magazine columnist, radio host, master astrologer and seminar speaker to our experience. **The only healing work of its kind available in the world**, share with me the work that has taken lifetimes to develop.



Ilona Granik
Master Psychic
International Healer
604-871-0331

Gain clarity and direction from **Clairvoyant, NLP Master Practitioner** Ilona. She is dedicated to assisting beginners or anyone who needs direction or guidance about changes, relationships, career, relocation and other areas of concern.

Ilona began her telepathic journey at the age of 16, when she studied astrology and psychology. She is the author of instructional CDs, "**Inner Being**" and "**Chakras, Pathways to Well Being**."

A reading with Ilona is not agenda based, but will come forth as the highest truth in that moment. You will get a clairvoyant account of your aura and chakras, as well as techniques to help you heal yourself or become more psychic. Workshops and private consultations available. www.iamstill.com



The tarot symbols are keys to understanding and working with life lessons.

1-900-830-0888

2.99 per min 18 years +

The symbols gives an insight into personal patterns for the seeker. By understanding and exploring these symbols, positive changes, personal empowerment and gentle spiritual growth can be realized. Allison has studied and read tarot symbols for 28 years. Along with the tarot Allison uses "The Course in Miracles" as her guide for a more positive reading.

Norma Cowie
Metaphysical
Coach/Consultant

604 536 1220

norma@normacowie.com



Norma Cowie brings 38 years of experience to her Soul/Tarot Readings, Personal Coaching, Past Life Regression and Transformation Therapy. She also teaches Psychic/Intuitive intensives. Tarot and other self-growth books, tapes, videos are available at www.normacowie.com.



TEA LEAF READINGS by Judith, 3rd Generation Intuitive, 28 years of experience at the Ancient Art of Tassigraphy. Visit the Tearoom by Appointment or available for Private Parties at a Location of your choice. Readings are 20 - 30 minutes ph **604 736 5848**



Quality Advice and Insight

ANY TOPIC! Since 1974, The Evergreens, speaking through Michael Blake Read, have significantly contributed to the happiness of individuals, families and companies in more than 19 countries. Private sessions in person or by phone: **(604)536-7402** Fax (604)536-0804 email: m_read@msn.com



Cassandra

One of Canada's
best known psychics
Tarot & Numerology

Private Consultations

Your weekly numerology forecast
vancouverwomen.com

Helping individuals over many years to find their true path in life, Cassandra's following spans the globe. Hundreds of repeat clients are a testament to incredibly accurate readings -- her gifts are astonishing. Ph.: **732-9226**
1-800-450-SEER (7337)

LOOKING GOOD

Gérard Emanuel



BEFORE

AFTER

French Hairdresser guarantees to find a style that will work for you! First he considers the shape of your face, your body type, and your profession. Then, using sacred geometry, he cuts your hair to your features. Also very successful in preventing hair loss and thinning hair, Gerard uses only natural products, including enzymes instead of peroxide. **604-732-4240 . 3432 West Broadway, Kitsilano.**

CHANNELLED READINGS
DR. ANNE McMURTRY. ANNE'S ABILITY opens a line of communication between you and your Spiritual Guides, allowing them to

speak directly to you. To inquire call Dr. Anne McMurtry at **734-8219, VANCOUVER.** See ad in Health, Healing & Bodywork section.

www.commonground.ca

MARKETPLACE



NATURAL PROGESTERONE WILL CHANGE YOUR LIFE
 Progesterone helps Menopause, Hot Flashes, PMS, Memory, Osteoporosis, Prostate and much more Natural alternative to HRT.
Nancy 604 760 2939
www.feelgood2000.com



We manufacture uniquely designed children's apparel, outdoor clothing and accessories. Our products are hand made in Vancouver using environmentally conscious fabrics, including Organic Cotton, Hemp and Fleece fabrics made from recycled plastic. 1838 W4th Ave. (Kitsilano)
www.kidletsclimbing.com

THE AMAZON HERB COMPANY
 in partnership with the Indigenous People to protect the Amazon Rainforest presents Amazon wild foods. Organic. Whole. No chemicals. Mineral rich. Free radical fighting anti-oxidants. Loaded with vitamins. Minerals. Anti-aging enzymes. Details/free sample: 1-800-484-9632 #0737
www.rainforestbio.com/dailyplanetamazon

S.A.D. THERAPY LAMPS.
 Non-invasive treatment for Depression, P.M.S. and Seasonal Affective Disorder, commonly known as the Winter Blues. 30 Day money back guarantee. For free information packet call Toll Free 1-800-655-5002. E-mail brightlite@radiant.net. Or visit us at www.sunshinesales.ca

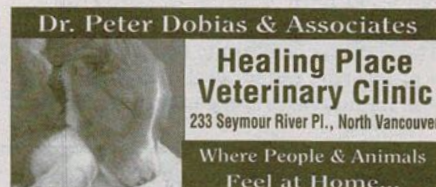
YOGA & MEDITATION SUPPORTS
 for your practice and healthy lifestyle. Bolsters, mats, wooden seats, zafus, zabutons, buckwheat hull pillows & more! Designed and hand-made in BC. Order from our secure website or phone toll-free. Pema Design Studio 1-877-441-3412
www.pemadesign.com

"The greatest of faults is to be conscious of none."
 - Thomas Carlyl

NATURAL PET CARE



FRESH START Raw Food for Dogs
 True health begins with a biologically appropriate raw food diet, enabling optimum wellness and healing from within. Supported by holistic veterinarians, breeders, owners & competitors. For a retail location nearest you, call us or visit our website: www.freshstartrawfoodfordogs.com



A full service veterinary practice with emphasis on gentle, non-invasive treatments and prevention
 • Animal Homeopathy
 • Natural Nutrition
 • Physiotherapy
 • Chiropractic
 FOR APPOINTMENT CALL: 604 983-0987



Julie Ann Lee DCH, VAT Diploma Classical Homeopathy, British Homeopathic Veterinary Surgeons Assoc., Susan Hughson BSc, DVM
 Affiliate member Academy of Veterinary Homeopathy. **David Ruish DVM** Professional course in Veterinary Homeopathy Dr. Pitcairn. **American Veterinary Chiropractic Association Certified Practitioner.**

"We pardon in proportion as we love."
 - Francois, Duc de la Rochefoucauld

SPIRITUAL PRACTICES



Jyorei
 Purification
 of the Spirit

Do You Know Jyorei? "Purification of the Spirit" originated in Japan. Spiritual Healing Prayer to enhance Health and the Quality of Daily Life. Focus the universal energy of light. Open to everyone. Free of charge. Victoria (250) 595-0426, Pender Island, B.C. (250) 629-6283, A.B. (403) 222-2156 v.island@telus.net



The
 Supreme
 Master
 Ching Hai

The Supreme Master Ching Hai, a fully enlightened living Master, teaching the Quan Yin Method of Meditation, (contemplation of the inner light and sound), shares her wisdom on **Radio AM 1470 every Saturday at 9pm.** For information 604-439-6753 www.godsdirectcontact.org

RESTAURANT/FOOD



Bodhi Choi Heung
 3932 Fraser St. & 23rd Ave., Vancouver

Best Chinese Style Vegetarian Cuisine in Town Operated by chef Ho of former Bodai Restaurant. Come and enjoy delicious Daily Special and Set Menu items. **Winner of Vancouver Magazine Readers Choice award.** Open 6 days a week. Closed Tuesdays except when Full Moon. 604-873-3848



"Great Food, Anytime!"
 Open
 24 Hours

The Naam Vegetarian Restaurant
 For years voted "Best Vegetarian" in the Georgia Straight and in Vancouver Magazine's "Readers' Choice". Open seven days a week, 24 hours, licensed, wood fireplace, heated patio, live music at dinner. 2724 West 4th Ave. 604-738-7151.



The Rainbow Vegetarian Restaurant
 273-7311
 8095 Park Road, Richmond, BC
 11:00 am - 9:30 pm
 Closed Tuesdays, except full moon day

The Meaning of Vegetarian
 It comes from the Latin word "VEGETUS." It means "Integrity, Healthy, Freshness, Energetic". Remember it and enjoy the flavour! Try our delicious appetizers, soups, thick soups, deluxe veggie dishes, hot pots, noodles, congee, deep fried & sauteed dishes, and rice dishes.

"It is better to have a heart without words than words without a heart."

- Mahatma Gandhi

TIME OUT, TRAVEL & RENTALS

CENTRAL SEMINAR ROOM/OFFICE
 Cozy, carpeted room, seats 40. Available 24 hours, seven days/week. Natural/dimmer lighting, parking, beverage facilities, good energies. 535 West 10th Avenue (at Cambie) **HEALING ROOM:** part/full time. Reasonable rates. Inner Garden Activity Centre, 535 West 10th Avenue (at Cambie). (604) 875-8818.

CABIN BY THE SEA
 PRISTINE MAYNE ISLAND
 Bennet Bay Get Away - Writer's Retreat. Cosy cabin with oceanview, 2 min. walk to beach, all amenities with woodstove. Perfect for singles, couples or small family. \$75 - night or week rate \$450. Phone 604-723-8753.

YOGA & FITNESS



MERIDIAN PILATES STUDIO
 202-2475 BAYSWATER ST.
 VANCOUVER, BC V6K 4N3
 604-730-4094 TEL
 604-730-4174 FAX
MERIDIANPILATES@DIRECT.CA

Regular practice of Pilates exercise creates a deep awareness of the body's alignment, builds core strength, improves muscle tone and physical confidence and aids greatly in relieving physical and emotional stress. Introductory packages available (Mat or Comprehensive.) Call 604-730-4094.

PSYCHOLOGY, THERAPY & COUNSELLING



What is Possible?

Toni Pieroni,
M.A. (Psych)
Counsellor/Therapist

Freedom from the beliefs, feelings and behaviours that result in emotional pain and repetitive, reactive patterns that keep you stuck. Life's options open up as you learn to respond rather than react, resulting in:

- Healthy, intimate, satisfying relationships
- More success in work and career
- Joy, ease and pleasure in life itself

• Aliveness and authenticity

Some issues dealt with:

- Emotional, physical and sexual abuse
- Addictive and obsessional behaviour
- Relationship issues and co-dependency
- Anxiety and depression
- Self-expression

About Toni Pieroni:

Along with my professional training and skill, I bring over 20 years of personal development experience. I offer individual and couple therapy. For further information or for a free introductory session, phone **737-0168**. E-mail address: www.counsellingbc.com/listings/tpieroni.htm

FREE YOURSELF

Jaminie Hilton
RCC
Masters in Counselling,
Chemical Dependency
Certificate



Discover your personal strength — it lies in the coping style that has gotten you this far; **shift** depression to hope. **Free** yourself from fears of unfamiliar feelings that block growth toward creativity and intimacy. **Deepen** and **enrich** your connection with others. **Create the life you deserve.** In a safe environment, learn to value your

power, and your vulnerability; change learned patterns; allow wishes, hopes, and dreams to surface.

Issues

- Blocks to Creative/Career Success
- Trauma/Abuse: Physical, Sexual, Emotional
- Depression
- Anxiety

• Relationship (from romantic to roommates)
• Addictive Behaviours
• Grief/Loss
I have 20+ years experience as a counsellor/therapist with adults, adolescents, and couples. EMDR available. For free initial consultation or information call: **604-680-9744, VANCOUVER.**



HOFFMAN QUADRINITY PROCESS

A LIFE-CHANGING EXPERIENCE
AN 8-DAY RESIDENTIAL EXPERIENCE

The Hoffman Quadrinity Process is for:

- people who cannot deal with their anger
- those unable to come to terms with their feelings,

• adults who grew up in dysfunctional and abusive families
• executives facing burnout and job-related stress
• individuals who are in recovery
"I recommend it without reservation."
- John Bradshaw

"The most effective program for healing the wounds of childhood."

- **Joan Borysenko, Ph.D.**
Please call for your brochure.
1-800-741-3449 (toll free)
www.hoffmaninstitute.ca



The Lotus Works Company Inc.

Transpersonal Psychology is the extension of psychology into consciousness studies, spiritual inquiry, and the mind-body interconnection, and is concerned with the study of humanity's highest potential. Transpersonal psychology is the future norm in psychology, as yet unrecognized by the mainstream. Rather than being a recent innovation, it combines current psychological wisdom with mystical experience and ancient shamanic healing practices.

Unlock Your Potential: Re-collect your authentic power and learn to trust your own inner guidance using therapeutic counseling combined with these transpersonal techniques:

- Holotropic Breathwork™
- Shamanic Journeywork
- Soul Recollection
- Astrological Consultation

I can effectively support you through major life transitions and facilitate your **spiritual emergence**. **Anne Little, PhDc** (Transpersonal Psychology), MA (Counseling Psychology) works with individuals and couples and leads workshops and retreats in the USA and Canada.
(604) 444-8096



Transform Curses Into Blessings
Barbara Madani
Registered Psychologist #335
Vancouver 604 876-4317
www.powerpsych.com

If you want to **recover** the real self, **reconnect** with your energy and creativity, **refine** skills to **realize** your goals and **reinstate** your personal power - **request** an appointment. We will transform curses into blessings using:

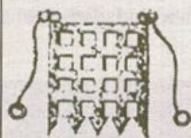
- EMDR • Power Therapies
- exploration of feelings and reframing beliefs
- goal setting and decision making



CORE BELIEF ENGINEERING

Reach and expand your potential in all areas of your life. Since 1985 this gentle method has proven exceptionally effective in changing automatic, self-limiting patterns and enhancing Conscious Choice. Elly Roselle offers private sessions and classes.
(604)536-7402. Email: erosselle-cbe@msn.com

YOUR GATEWAY TO THE PAST
Past-Life Therapy



Past-Life Therapy
Di Cherry is a Certified Clinical Hypnotherapist. Member Canadian Hypnotherapy Assn.
www.dicherry.com
2678 W 11th Ave, Vancouver.
For information or appointments: **604-731-2646** or dicherry@telus.net

AURA-SOMA® COLOUR THERAPY
Parimal Danielle Tonossi & Pierre Blanc
Registered Practitioners of the A.S. International Academy of Colour Therapeutics - England

A journey with Aura-Soma to understand deeply our "Soul" selves, past, present and to come. A universal language through bottles of rainbow coloured essential oils. Consultations, trainings, various workshops, **Aura-Soma Products & a large selection of crystals available.** E-mail: welcome@crystalgardenspirit.com Victoria P/F **250-544-0904** www.crystalgardenspirit.com



DEBORAH KORS, Ph.D.
Registered Psychologist #1465
604-802-6259
(Two Vancouver Offices)
Some Saturday and evening appointments available

Individual and Couples Therapy

- Depression, Self-esteem, Grief, Relationship
- Chronic/Terminal Illnesses, Spiritual Issues
- Women's Issues: menopause, miscarriage, etc.
- Midlife Issues, Body Image/Aging.

Caring, Supportive environment to help you overcome your struggles & pursue your life's dreams.



Daeniela Bheumont
Registered Psychologist
***225-809 W.41st Ave.**
261-4045

Counselling and Psychotherapy
21 years experience

- Depression • Anxiety • Grief • Stress
- Relationship • Family • Inner Child Work
- Life Transitions • Creative & Spiritual Issues

Holistic approach, includes Gestalt, Inner Visualization and Jungian Dreamwork.



Dr. Gayle Way
Registered Psychologist (#869)
Sacred Energy Practitioner
Vancouver (Kits) 604 731-3517
View a video at my website
www.gmway.com

Consultation & Psychotherapy
22 years experience
Men, Women & Couples
Sacred Energy Healing: A blend of psychotherapy and energy work, which, in addressing the needs of Mind, Body & Spirit, serves to deepen and accelerate healing.



Bianca Rucker & Associates
Bianca Rucker
R.N., M.A., Ph.D.
Sexual & Relationship Therapy

Do you have recent or long-standing problems with sexual functioning, desire discrepancies, inhibitions, communication conflicts, or extramarital affairs? We provide sex therapy, marriage counselling, & clinical hypnosis. Extended health coverage. By physician referral or call directly: **Bianca Rucker, PhD, #400**, 601 W. Broadway, Vancouver, **(604)731-4466**.



Dr. Bonnie Meyer
(604) 647-0295

www.MindSolutionsUnlimited.com

Doctor of Clinical Hypnotherapy
Masters in NLP, Time Line Therapy, Reiki, Teacher/Therapist/Healer
"You cannot solve a problem with the same mind that created it." - Einstein
I can help you change your mind!



Louise Chivers
MA RCC
(Counselling Psychology)
Vancouver @
Main & Broadway
604-879-1755
lchivers@radiant.net

EMDR Certified
Addictions and Trauma Therapist.

Working with PTSD, attachment issues, phobias, anxiety, compulsivity, parenting. Weekly group for women dealing with midlife issues.

PSYCHOLOGY, THERAPY & COUNSELLING



annakyn skyler personal coach
604-526-5007 • annakynskyler@shaw.ca

Cultivating the Courage to act, the power to create, the freedom to be...
See possibilities, clarify choices, achieve breakthroughs, develop strategies to get your desired results.
Rigorous conversations in person or by phone—initial conversation free.



Can save hours of talk therapy, alternative treatments and many doctors visits.

NEW HEALING METHOD

Mada Dalian B.Ed. B.A.
MEDICAL INTUITIVE (Shaman) 604 261-7709



ELLEN CHACON, PHD
REGISTERED PSYCHOLOGIST
(604) 809-4599
HASTINGS AT WILLINGDON, NORTH BURNABY

Couples Therapy - Communication, Separation, Sexual Issues, Parenting, Family of Origin, Etc., Straight or Gay. Individual Psychotherapy - Childhood Abuse, ACOA, Panic, Phobias & Anxiety, Depression, Adjusting to Life Changing Events. 4615 Hastings St., Burnaby, (604) 809-4599.



Dr. Jon Schwabach, Ph.D
Counselling Psychologist
604-268-3625

Individual and Couple Counselling
Improve relationships, Enhance intimacy, Manage stress, Resolve grief & loss issues, Trauma recovery & pain management. Reduce anxiety, panic, depression & anger. Compassionate assistance to face the challenges of life. **Free initial consultation. Sliding fee scale.**

• **RELATIONSHIP ISSUES • SHYNESS • DEPRESSION • ANXIETY • ANGER •**
Post Traumatic Stress Disorder • Abuse • Sexual Addiction • Effective treatment using a multidisciplinary approach and/or hypnosis. Reasonable rates. Louise Evans, BA., MEd., Marriage and Family Therapist. Metrotown and West Broadway office. **604-522-0257**

SOLVE THE PROBLEM OF REPEATING UNHEALTHY PATTERNS IN RELATIONSHIPS
And Life. Abuse, anger, anxiety, confusion, depression, eating disorders, emptiness, grief, loss, relationship, sexual abuse, trauma. Individual, couple, family and child therapy. EMDR trained. Granville & 10th. Megan Hughes, MA, RCC. **604-734-2779. \$65/hr.**

Some organic fibre retailers in the Lower Mainland

Dream Designs Company Ltd.
956 Commercial Drive
Vancouver, BC V5L 3W7
(604) 254-5012 www.dreamdesigns.ca
Dream Designs is a retailer and wholesaler of organic cotton and hemp clothing, bedding, upholstery, and household furnishings.

Kitsilano Hempco
2936 W 4th Avenue
Vancouver, BC V5L 2P1
(604) 253-6549 www.hempcomics.com
The oldest hemp store in Vancouver also sells a variety of organic cotton blended garments.

Kidlets Clothing
1838 W 4th Avenue
Vancouver, BC V6J 1M3
(604) 733-8999 www.kidletsclimbing.com
Kidlets is a source of organic cotton and hemp clothes and accessories, specifically for children.

Mountain Equipment Co-op
130 West Broadway
Vancouver, BC V5Y 1P3
(604) 872-7858 www.mec.ca
Organic cotton clothing available for the entire family, with many of the items produced in Canada.

Local organic cotton businesses

Lunapads International
207 W 6th Avenue
Vancouver, BC V5Y 1K7
(604) 681-9953 www.lunapads.com
Lunapads produces organic cotton reusable menstrual pads and underwear. Local retailers of Lunapads products may be found on their website.

3 Tree Apparel
Box 41137, 2529 Shaughnessy Street
Port Coquitlam, BC V3C 5Z9
(604) 839-3873 www.3tree.bc.ca
100 per cent organic cotton underwear, shirts and jackets are available on-line or through their catalogue.

Ecolomart Products
9947 - 149 Street
Surrey, BC V3R 7N2 www.ecolomart.com
On-line retailer of hemp and cotton blended clothing for men and women.

Know a business that supports our organic, ethical and natural economy? Email us at admin@commonground.ca or call 604-733-2215.

The Universe Within by Gwen Randall-Young



Eulogy for a Soulmate

I have written often about the meaning of life, love, pain, and transcendence. Recently, my words all slipped into the background, as life presented me with yet another of those profound experiences that catapults us to an even deeper level of awareness. A true soulmate of mine died suddenly and unexpectedly a very short time after we had spoken, on the telephone, what were to be our last words. He had his share of struggle and angst in this lifetime. He was not a 'spiritual' man: as a scientist, he believed nothing without concrete proof. As I wrote his eulogy, I realized he was indeed 'spiritual' - as we are all spiritual beings. While he was not a saint, and at times felt a bit of a failure, I now understand the heroic journey of those who live simply, consistently honouring some very basic values. It is for this reason I choose to share a part of the eulogy I wrote for him. I hope, in reading these words, some of you will gain a deeper appreciation of your own selves. Life is not about accomplishment or achievement; it is not about recognition or approval. It is about the simple things. It is about heart.

I now understand the heroic journey of those who live simply, consistently honouring some very basic values.

Robert, you were a rare and beautiful soul who lived the equivalent of many lifetimes in a few short years. You had so much knowledge ... but you also had knowing. You could see into the heart of so many things.

Family was so important to you. You spent hours rubbing your Mother's feet when she was ill, and talking with her. You had such empathy and compassion for your Father. Even though he was a man of few words, you made every effort to understand what was in his heart.

You never, ever judged. You always understood and forgave.

You were so humble.

The loving connection that visited us was deep and exquisite: a true meeting of soul, heart and mind. We knew we were blessed, but you knew something I did not. You were filled with restlessness and turmoil, and could not truly envision a future.

Now I know why.

I look back over the pages and pages

you wrote to me, and I now find many pieces of writing that hinted at what was to come: on some level, at only forty-one years old, you knew you were near the end of your life.

I know you have returned to that home you left behind. You knew you would return early. You shared your heart, your soul, your being with me. Your love is your legacy; and in this, I think you were also fulfilled. In one of your late night communications you wrote this:

I believed as a child that love was complete unto itself....later, as the pessimism of age took hold, I began to hope only that 'on balance' that love could fill our shadows with bright and vibrant color....

....now that I am older still, and in many ways, that child again...I 'do' believe that all that is left before that final

breath, is that one, grand, overpowering love...the love that bleeds and bellows to the moon...the love that makes poetry writ large...the love that doubles us over with pain...

...for a man who believes that "this" is our only

existence...it seems to me that love should be the fireworks at the end of the night...if nothing else, a celebration not of a joyous, a meaningful or a saintly life...but a celebration, that one was able, for even a moment...to pass through, and occupy the space between his lover's essence.

This kind of loving touched you. We both knew it, even though it was tinged with the sadness of your knowing...a sadness which now indeed doubles me over with pain.

I know now, more than ever, that love is the most important gift we have to give.

I know that death is a transformation, not an ending. The spirit of a loved one remains with us, though we must say goodbye to the physical presence. I understand so well now, that how we live each day and interact with others, more than anything else, determines how we will be remembered. Every interaction that we have leaves a footprint. Step with care, and consciousness.

Gwen Randall-Young is a psychotherapist and author. Email: gwendall@shaw.ca.

Events



Harold Klemp
The Spiritual
Leader of
ECKANKAR

ECKANKAR is a religion that teaches there is a spiritual essence, known as the ECK, that connects each of us with the heart of God. We can experience the ECK as inner light and sound. Through study and practice of the spiritual exercises of ECKANKAR, we learn to recognize the

light and sound of God as it touches our lives, bringing increased divine love. ECKANKAR can help you find answers to your deepest spiritual questions. ECK Worship Service and Youth Program 6550 BONSOR, 2nd Sunday, 10:30am. **Dec 8th Topic: "The Golden Thread of Eck" Fellowship Tea to follow.**

ECKANKAR Centre
1 - 4075 Kingsway, Bby.
(604)434-3371.
Open Mon. - Thurs. 7.30 to 9.00 pm.
www.eckankar-bc.org.
Download FREE book at
www.eckankar.org



The Psychology of Vision, a visionary healing model developed by **Chuck and Lency Spezzano** offers a practical system that maps the challenges we face and provides the solutions needed to get through them.
The Psychology of Vision for Children program was developed to support parents and children.

Parenting with Spirit Evening - Thursday, December 5 - An evening to find loving solutions to parenting. 7:30 - 9:30 pm \$15 (+ GST)
Foundation for Life Program for Children (ages 7 - 10) **Sunday, December 8** A day of fun to help children value themselves. 10:30 am - 3:30 pm \$35/one child \$50/two children (+ GST)

Both events:
Psychology of Vision office #209 - 2182 West 12th Avenue Vancouver
Call the office 604-298-4011
Outside Van. 1-888-298-9011
canada@psychologyofvision.com
www.psychologyofvision.com/canada



**SANT
RAJINDER
SINGH**
**SCIENCE OF
SPIRITUALITY**

Sant Rajinder Singh heads Science of Spirituality, a non-profit, non-denominational organization dedicated to love, unity and peace. A competent Adept of the ancient Sant Mat lineage, Sant Rajinder Singh can help others to empower their soul through meditation and experience the divine Light and celestial Sound.

Spirituality is a gift, an experiential science focusing on inversion not conversion. Please join us Sunday mornings (except the first Sunday of each month) at **809 W. 23rd Ave.** (Entrance off Willow). 10AM Silent Meditation; 11AM Discourse (followed by vegetarian refreshments). **"The Meaning of Christ," Sunday, December 15th, 1-2pm**

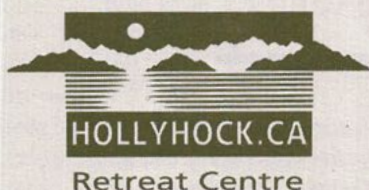
All SOS programs are FREE.
www.sos.org
Contacts: **Philip @ 604.879.5881**
Linda @ 604.985.5840



You love dancing to groovy music... I mean World Beat, African, Trance, Ethnic, etc. You don't dig the downtown dancing scene... I mean the smoky, boozy, meat-market, well-behaved thing. Then see you at Just Dance! an opportunity to let go and dance to the Rhythms of the World in an unpretentious

atmosphere. On the second Friday of every month, Kushad will treat you to a lighter mix of ethnic music (Afrocelt, Khaled, Papa Wemba, Dubango...). On the fourth Friday, Abheeru will serve you a high-energy mix from around the world (Enigma, Delerium, Transglobal Underground, St-Germain...).

World Rhythms - December 6
Just Dance - December 20
7:30 Meditation 9:00 Dance. \$8
2114 West 4th, Vancouver
264-0559 - 732-1551 theheartof.com/jd
justdance@infoserve.net
Co-sponsored by Common Ground



Yoga and 5Rhythms™ Dance at Hollyhock, Cortes Island, **May 4 - 31, 2003**. Join us for this four-week, extended stay work study program. Develop a sense of being fully at home and alive in the body. Draw from a variety of health enhancement practices including yoga asana (posture)

and pranayama (breathing), combined with dance based on Gabrielle Roth's map of the 5Rhythms™. Learn about the human energy system from physical, emotional and spiritual perspectives and hands-on methods that can enhance well-being. Move in new and creative ways to

shift old patterns and to live a more fully engaged passionate life. Tuition/Meals/Accommodation: \$2,195.
Info 800-933-6339
www.hollyhock.ca



THE ORIGINAL WOMEN'S WEEKEND
Ayurvedic swedan or massage, fragrant flower facial, reflexology, yoga, vegetarian meals, wood-fired sauna, and a Saturday evening program. \$400 all inclusive
March 7-9 and 21-23, Apr 11-13, 2003

GREAT CHRISTMAS GIFTS!
The Salt Spring Experience, recipes for body mind and spirit: more wonderful Centre recipes, asanas, Ayurvedic health and fitness and self-exploration. \$35, includes shipping...

and a collection of books by Baba Hari Dass, CDs, and cassettes of kirtan and soothing music.
ssc@saltspring.com 250-537-2326
www.saltspringcentre.com



Christmas Capers
Peace in The City
Canadian Memorial Church
December 22nd, 7:30pm
15th & Burrard
(604) 731-6819
Donation



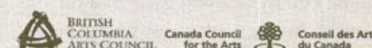
JAN '03 COURSES: Dreams, What do they Mean? Jan 7th, 7:30 - 9pm, free/ PAST LIVES!!! Jan 9th, 7:30 - 9pm, free / Chakra Meditations, Jan 13-Feb 24, 7 to 9pm, \$210. / Shamanic Journey intro, Jan 14th, 7:30 - 9:30pm, \$10.00 / Metaphysics 101 (Psychic Development)/ Jan 16-Feb 20, 7-9:30pm, \$225.

Judith Koltai Workshops

International Movement Specialist

Authentic Movement & Syntonics January 6 - 9, 10am - 4pm
Authentic Movement January 10, 7pm - 9pm / January 11 & 12, 10am - 4pm

Deepen your connection to your own source of movement.
No experience necessary. **Info Call: 734-7343 or 689-9339**



Datebook

Datebook Deadline is the fifteenth of the preceding month.
Cost is \$25 plus GST. No charge for free events
by Non-profit Organizations space permitting.

DECEMBER 1 - 31

Capers Giving Bells All stores. For \$1 buy a bell and decorate our Holiday Giving Tree. Capers matches each dollar given. Proceeds donated to non-profit

DECEMBER 4

Beginners Meditation 6:15 - 7:15pm. Advanced Meditation 7:30 - 8:30pm
www.jonniocorner.com 604-733-9111

Free Dance Meditation Balance your energies and heal your emotions through movement 7pm 1869 West 4th Ave. 604.648.2140

DECEMBER 5

Psychology of Vision for Children - Parenting with Spirit Evening Thursday, Foundation for Life Program for Children Sunday, December 8 with Elizabeth Kewin Call 604-298-4011

DECEMBER 7

A Leahy Christmas The Orpheum Theatre, Doors 7pm Show 8pm Call Ticketmaster: 604.280.4444 www.ticketmaster.ca

Single Mums' Christmas Family Craft Fair at St. Mary's Church in Kerrisdale, Vancouver 2490 West 37th Ave. (near Arbutus St.) Saturday 10am-5pm 604.739.6850

DECEMBER 8

ECK Worship Service and Youth Program 6550 BONSOR, 2nd Sunday, 10:30am DEC 8th topic: "The Golden thread of Eck" Fellowship tea to follow 604.434.3371 www.eckankar-bc.org www.eckankar.org

Foundation for Life Program for Children (7-10) 10:30am-3:30pm \$35/one child \$50 for two. 604.298.4011 outside Vancouver 1.888.298.9011 canada@psychologyofvision.com www.psychologyofvision.com/canada

DECEMBER 9

Sagittarius Astrological Dinner. Join Host Teresa Wacławick for talk by Astrologer Mac McLaughlin. To Reserve: 604.732.5538

DECEMBER 11

Shamanic Drumming Journeywork Circle 7:00pm. Learn to contact power guardians. Donation 604.418.9636

DECEMBER 12-14

La Femme Factor presents "Stressmas Anybody?" A Quirky, Christmas Musical Comedy Revue! Lana Caputi, Lovie Eli, Linda Kidder, Alison Kelly, Leora Cashe. Presentation House, 333 Chesterfield, N.Van. 604.990.3474 Tickets \$15

DECEMBER 13

Christmas In The Round with the MantraVani Orchestra Sacred Chants World Music at Russian Community Centre. 2114 West 4th Avenue. \$15 bring a cushion. 604-922-7559

DECEMBER 13,14,15

Introduction to Foot Reflexology commences Certificate Weekend Course Intro \$10. Course \$295. Pacific Institute of Reflexology 604-875-8818

DEC 14 & 15

Zenith Healing Level One Workshop 9:30am to 4:30pm SAT. & SUN. Vancouver location - \$300. more info: Kevin @ 604-251-2127 or www.zenith-healing.com (limited spaces)

DECEMBER 14, 28 & 29

The Birth of a Clown A creative way to get into the creative power of your heart. Galli Academy 604-648-2140 \$75

DECEMBER 15

Afternoon Gaelic Xmas Concert join Award winning Vancouver Gaelic Choir at Shadbolt Centre, Deer Lake Burnaby 3pm, tkts \$10.Refreshments 604 733 2215

DECEMBER 19

Full Moon Healing Ceremony- 6pm, Surrey's Bear Creek Park, 140th Street Entrance, Donations to Surrey Food Bank, Contact Susan 604 596-7787, Next: January 18, 2003

DECEMBER 20

Juno Award Winners 8pm Massey Theatre 735 8th Avenue, New Westminster 604.517.5900 Ticketmaster; 604.280.4444

Medicine Wheel Winter Solstice ceremony 9-Noon. 37th Cartier entrance. 1st Nations elders, donation, 604.418.9636

DECEMBER 22

Christmas Capers Peace in the city, Canadian Memorial Church 7:30pm 15th and Burrard 604.731.6819 Donation

DECEMBER 24

Positive Living Centre of Victoria Christmas Candle lighting Ceremony 7:00pm, December 24th 3281 Harriet Road, Victoria Info: 642.8802

DECEMBER 24-27

Christmas Celebration Retreat Come and be part of our family on this lovely retreat. Self Realization Meditation Healing Centre, Sunshine Coast Info/reg 1-604-886-0898

DECEMBER 28 - JAN 8

The Melchizedek Method Levels 1-2, 3, & 4, in Vancouver, Dec.28-Jan. 8, 2003, Cynthia Watson, Registered Facilitator. Book Space Susan 604.596.7787, VISIT(www.melchizedekmethod.com)

DECEMBER 29 - JANUARY 1

Times to blend together, for chanting and joyful exchanges in a spiritual setting. Self Realization Meditation Healing Centre, Sunshine Coast 1.604.886.0898

JANUARY 3 - 5

Gift of Peace Yoga Retreat. Call Open Door Yoga 604.321.5961 info@opendooryoga.bc.ca

JANUARY 9

FREE Meditation January Courses at West Coast Mystic Arts. Chakra Meditation, Jan 13-Feb 24, \$210, Metaphysics 101 \$225, Crystals & Gemstones 101, Jan 18, \$40. 604.982.0099 www.westcoastmysticarts.com.

JANUARY 11

The Journey of Forgiving workshop with Linda Sedesky. 9:00am - 3:00pm; Ramada Inn, 898 West Broadway. Contact Ellen Beck for information & registration. 604-946-8626, ellenbeck@telus.net

JAN 13 - FEB 24

January Courses at West Coast Mystic Arts: Yes! you're Psychic! Jan 9, FREE, Meditation: Chakra Journey \$210,

JANUARY 15

Rolfing® Body Alignment through Deep Tissue Work, Free lecture/demonstration with Amaro Hografer, 7:30 pm Centre for Integrated Healing, 1330 W.8th Ave, 604.736.1676

JANUARY 17-19

Psychic Expo Vancouver's 7th Annual PNE Fri:4-11pm/Sat:11-10pm/Sun:11-7pm 450.222.1680 or 514.898.8924

JANUARY 18

Metaphysics 101 \$225, Crystals & Gemstones 101,\$40. West Coast Mystic Arts #208-1819 Capilano Road, North Vancouver. 604-982-0099 www.westcoastmysticarts.com

JANUARY 24

Caravan World Rhythms presents Ghazal at the Vogue Theatre, 8pm Tickets from \$19.50 to \$32.50 available at Ticketmaster. 604.280.4444, Highlife Records and Sophia Books

JANUARY 24 - 26

Introduction To Foot Reflexology commences Certificate Weekend Course Intro \$10. Course \$295. Pacific Institute of Reflexology 604-875-8818

JANUARY 25 - 26

Reiki Level 1 Workshop for those interested in learning how to do Reiki on animals. Cost \$195. Held in Kits Paddy Dolphin, Reiki Master. 604.261.8007

FEB 28, MARCH 1&2

11th Annual Wellness Show at the Vancouver Convention and Exhibition Centre. Tickets \$8.50 general admission, \$7 Seniors \$4 Children, under 5's Free. Contact: Jeannette 604.983.2794 www.thewellnessshow.com

SUNDAYS

Every 3rd Sunday monthly. Shamanic Journey Group. Learn to connect directly with the spirits through power animals. Journey for peace on Dec 15th Kathie 604.904.2003

MONDAYS

Satsang Meditation with Canela Michelle Meyers Toning, Sitting, Silence, Sharing, Questions, Answers...Acceptance of What Is and you Are. Every Monday, 7-9pm by Donation (604)984.0344

TUESDAYS

Edgar Cayce Study Groups. Personal spirituality and transformation with like-minded people. Call Vicki 604.294.5366

Reflexology Student Clinic sessions - only \$15. Evening only by appointment. Pacific Institute of Reflexology. 604-875-8818

THURSDAYS

Self-Discovery Learning by doing community skills. Public speaking, leading, teamwork. Better listening and thinking. Fun. 7pm Roundhouse Cntr Boardroom. 604.433.5189 www.geocities.com/Discovery_Toastmasters vic@strategicprocess.com

Sahaja Yoga Meditation Weekly free meditations at the Kester Grant College, 2421 Laurel Street, Broadway and Oak. Thursdays at 6:30 pm. 604-597-8440

FRIDAYS

Ongoing Group Practices Incorporating the Triple Hologram of Love Merkaba, Rejuvenation and Spiritual Ascension, Phone Susan 596-7787 -FREE Study Group and For Courses visit(www.melchizedekmethod.com)

DECEMBER/JANUARY

Humuh Monastery Buddhist Meditation & Empowerment Centre will be experiencing some renovations in December and part of January. Visitors still welcome but please call before visiting. 1-250-446-2022

ONGOING

Study Seeking Men with prostate cancer who have declined conventional cancer treatment, for a 3 year study on treatment decision-making. Contact 604-875-4267

Rent a Beautiful Space for private and public events. Call Eva at 604-730-9509 - 3450 West Broadway, Van. Very reasonable prices for non-profits.

Introduction to Sacred Geometry Drawing course using basic shapes then combining with colour. No artistic talent required. Ages 12 through senior. Info 604-536-1549.

Need space for your meetings or concerts, to give lessons, practice your music? Consider Unitarian Church Oak/41st.groups 250 ph 604 261 7204 ucv@look.ca

DATEBOOK REQUIREMENTS

Submissions of events for the Datebook must be in writing. We are not able to accept entries via telephone. Maximum 25 words. Deadline is the 15th of each month. Email: admin@commongroundmagazine.com or fax 604-733-4415. Cost: \$25 + GST (\$26.75) in advance. Free listings for free events by Non-Profit societies, space permitting.

Minding Your Business
Bookkeeping Services
WE MAKE IT EASY!

M.Y.O.B
or
QUICKBOOKS



Choose Service or Training
We do it all for you or we can teach you how to do your own books

Call 604-737-1540
Fax 604-737-1524

FOR A FREE CONSULTATION



Philip Clement
Bodywork Practitioner,
Healer & Counsellor



Penny Hyndman, R.N.
Wellness Educator,
Biofeedback Specialist,
Therapeutic Touch

Marks' Plaza Wellness Centre

is pleased to welcome

*Philip Clement and Penny Hyndman, R.N. to
our newly expanded Wellness Centre.*

**Together they offer over 30 years
experience in holistic health, combining
traditional and complementary
approaches.**

Call and book your complimentary personalized
consultation with Philip & Penny.

**Introductory
Wellness Package**

\$99.

a \$250 value.

"You don't have to get sick to get better"

#350 5780 Cambie @ 41st Ave. 604-324-5717

A Face-lift Without Surgery



**Tone and
strengthen
chin and
facial
muscles
with just
3 minutes
exercise
per day.**

The CHINMUSCLETONIFIER prevents or
eliminates a double chin, tone neck and jaw
muscles, soften the appearance of wrinkles
and increase blood circulation and oxygen
flow to give your skin a healthier glow.

**(613) 741-8229 or 1-800-265-8117 for a
free brochure or visit the web at:
www.chinmuscletonifier.com**

Goger Innovations Products Inc.

Classifieds

ASTROLOGY

MASTER ASTROLOGER, PSYCHIC, COUNSELOR. Birth Chart, Transits, Progressions, Business, Relationship Compatibilities, Relocation, Romance, Career, Finance, Life Direction, Accuracy guaranteed. Home visits/parties. Robert MBA (604) 985-7017

BODYWORK

ACCEPT THE JOY AND FREEDOM that authentic well-being serves. It's your birthright! Body/Mind/Soul support: Swedish, Craniosacral, Reflexology, Trigger Point, Counselling. 12 years experience, Darlene 604.731.7537

BUSINESS OPPORTUNITIES

HIGH QUALITY ISOTONIC. Represent high quality isotonic liquid supplements endorsed by top doctors in the anti-aging field. Contact danap1@hotmail.com for more information.

THE ULTIMATE WAY TO WORK FROM HOME! Tired of scheduled hours/breaks/holidays? Be your own boss. Work @ home online. Full Training/Support. Call: Nancy 1-888-213-4901 <http://www.supremedreams.com>

CLEANING SERVICES

ALTERNATIVE HOUSE CLEANING SERVICE with 100% natural products and aromatherapy rid your home and health of toxic cleaners. \$20+ per hour. Call fengshuicleaners at 604.633.5373.

COACHING

GENERATING PERSONAL GROWTH and success with a natural strategic process. Flexible optimism. Fun. Service leadership. www.strategicprocess.com Free call. Vic (604) 433-5189

CRANIOSACRAL

SUSAN KULASA, L.P.N., Practitioner of CranioSacral Therapy, visit (www.upledger.com), supports your body/mind systems to release in a gentle way. Home visits \$40. for 80 minutes. Phone 604.329.2784

EDUCATION

INSTITUTE OF TAROT TRAINING Classes / Individual / Correspondence. Self or Career Centered Training. Manual / Diploma. Readings by appointment. 604.739.0042.

PROFESSIONAL COLON HYDROTHERAPY CERTIFICATION COURSE. We offer the most comprehensive course in professional Colon Hydrotherapy available using the most up to date FDA approved equipment. For complete course info please call: 800-223-9374 www.thecolonet.com

ENERGY HEALING

HEAL THY SELF. Heal, clear, lighten-up. Speed up physical healing. (Bones, ribs, sprains) Effective emotional relief. Energetic core alignment. \$40/session. eVa 604-929-6639

SOUL CONNECTED ENERGY WORK DONE with integrated massage techniques offered by holistic medicine practitioner. 604.339.6407

FAMILY AND MATERNITY HEALTH

ROYAL AVENUE HYDRO/MASSAGE THERAPY CLINIC. Midwifery Care, Chiropractic, Registered Massage Therapy, Spa Services. 604-515-7171 (New Westminster)

FENG SHUI

DISCOVER simple methods to create harmony, balance and good energy-flow in your life. Consultations and workshops. Indra Hart, MA 604-736-1891

RENT A BEAUTIFUL SPACE for private and public events. Call Eva at 604-730-9509 - 3450 West Broadway, Van. Very reasonable prices for non-profits.

GREAT SPACE. GREAT RENT. Treatment space available for practitioners/counsellors. W.Broadway location. Contact Deborah @ 604.708.8840

FLOWER ESSENCE

DISCOVER THE POWER OF FLOWER ESSENCES. Alaskan Flower Essence Reading with blend \$25. Individual Alaskan and California Flower Essence Stock Bottles available. Call Louise 604.224.0623 www.louessence.com

FOR RENT

MOUNTAIN GET-A-WAY NELSON, BC. Private, nicely furnished character suite. Available weekly \$250. Call 604.731.5031

GREEN TEA

SEASON FRESH HIGH QUALITY GREEN TEAS from independent Taiwanese Farmers. Live Like Water #104-633 Main Street <http://mrgreentea.tripod.com/index.htm> 604-671-7843

HEALING

THE HEALING ROOM offers sound healing and subtle energy bodywork to restore your wholeness. Monika 604-736-2835

HEALING

ROSEN METHOD BODYWORK Sensitive, listening hands combined with dialogue to increase emotional & physical understanding & Well-being Devaki 604 222 2054

HEALTH PRODUCTS

THE ENZYME DIET. Lose weight. Feel great. Call me now 604 944 3016.

HEALTH PROFESSIONALS

HERBALIFE CONSULTANT Natural, Nutritional, Wellness Products. Dr. Approved Weight Loss. Guaranteed. Call: Nancy 1.888.213.5130

HEALTH STUDIES

SUPPLEMENT STUDY: HEARD THE BENEFITS OF THE MEDITERRANEAN DIET?...with it's heavy reliance on olive oil and red wine? LeadTeam International is seeking participants for a week long study of it's patented, pharmaceutical quality, Mediterranean supplements. These products are listed in the "doctor's reference books" (CPS) Compendium of Pharmaceutical Specialties (Canada) (PDR) Physician's Desk Reference (US) (MIMS) Master Index of Medical Specialties (Asia) Quote N02CG1 when you call toll free 1(866) 216.9282

JUST FRIENDS

Straight child free Female 39, seeks intelligent fun soft-place-to-fall type friendships with other child free women. 604.684.1631

MUSIC

WONDERFUL VOICE LESSONS (Singing) 16 and up. 604.739.9030

PIANO MAGIC 20 years experience teaching adults and children. All levels of classical/popular/jazz, relaxed environment. Cambie/25th. Mark Anthony Studio 604-842-4996

WORLD MUSIC! PLAY & SING the MUSIC YOU LOVE PIANO/SONGWRITING. Melody, Harmony & Rhythm training in many musical traditions Judy 873.5243 25yrs professional. BFA music

NATURAL FOODS

PERSONAL COOKING AND HOLIDAY CATERING by Jeanne Marie Martin, world-class natural foods cook/instructor/author of 13 health cookbooks. Also classes/consultations. 604-730-0585 www.jeanne-marie-martin.com

PERSONALS

MY NAME IS NICK. I am 43. I seek a woman who enjoys conversation beyond the mundane. nick@contactcanada.telus.net

REFLEXOLOGY

REFLEXOLOGY JAPANESE STYLE & ESTHETICS To improve blood circulation AND FLOW OF chi. Reflexology 40 minutes \$20. Keiko 604.873.0942 (Behind Brentwood Mall)

REIKI

REIKI TREATMENTS offered by a Certified Reiki Practitioner. \$20-\$35 per session. Call Sabina at 604.444.9134 or email: lapis-blue@shaw.ca (Presently, this service is being offered to women only).

RETREATS

ENCHANTED FOREST GET-AWAY. MAGICAL DOME, SIDHE COMHAIRLE (faerie wysdom). Near Desolation Sound, Sunshine Coast www.armourtech.com/~thedome, or phone 1-604-483-9160.

GODDESS GETAWAY

Energizing, empowering, ecstatic women's retreats. Healing, transformational Rites of Passage in Sacred Space. SaltSpring Island. Yogesha: (250) 537 0081 www.whole-woman.com

SUCCESS TRAINING

THE SILVA METHOD gives you a step-by-step proven process for success. "I have used the Silva Method techniques for many years I urge you to attend the training" Dr. Wayne W. Dyer 1-877-307.6933 www.silvamindmethod.ca

BECOME BETTER SPEAKERS! Visit 'Shared Vision Toastmasters'. Meetings Wednesdays 7:30am. Phone Len 604.274.6923

SUPPLEMENTS

ISOTONIC SUPPLEMENTS. Do you have trouble taking vitamin pills? Are you concerned about proper supplement absorption? Try an isotonic liquid supplement for better and faster absorption. Call Dana at 604-726-4823 for more information.

TANTRIC MASSAGE

ACCEPTANCE & PERSONAL TRANSFORMATION THRU TANTRIC MASSAGE Breathing and feeling your body alive. Sensuous and gentle touch. Gyanesha 604.222.0254

TRADITIONAL THAI MASSAGE

URBAN HORIZONS THAI MASSAGE uniquely effective at relieving muscle pain and rebalancing energy. Thoroughly stretches your entire body while stimulating key Shiatsu points. Popular, gentle healing experience that improves flexibility, relaxation, circulation and energy flow. 70 min \$50. Antonio or Jun 604-875-1341

TRAVEL

TRAVEL TO ARIZONA for Spiritual Workshops Jan.17-19, Feb.7-9, Mar.21-23, 2003. Meditate and relax in the Desert Footfalls. Learn about how to manifest your own reality through Luminati's Shelia Reed channeling Menita Ismil, 7th level vibrational composite of love and harmony. Space is limited. 1.888.488.1151 www.luminati.net

LUMINATI SPIRITUAL TRAVEL SEDONA, Arizona. August 10-16, 2003. 5-star Enchantment Resort and Spa, Spiritual Conference and Vortex Tour. Inspiring metaphysical information, plus glorious red rock vortex tours. 1.888.488.1151 www.luminati.net

TRAVEL

TRAVEL TO ANCIENT EGYPT with Luminati. Metaphysical Egyptologist guides, exploration of the Great Pyramid, Sphinx, Luxor Temple, Karnak Temple, Valley of the Kings, plus Nile Cruise. June 20-28 or October 19- November 1, 2003. 1.888.488.1151 www.luminati.net

LUMINATI SPIRITUAL TRAVEL China Ancient Wisdom Tour, Beijing, Xi'an, Guilin, Shanghai. Guided Sightseeing of China's historic Great Wall, Forbidden City, the Summer Palace, 7000 Terra Cotta Warriors and Cruise the Li River. May 10-23, 2003. 1.888.488.1151 www.luminati.net

VISIT SANTA FE Albuquerque and Taos, New Mexico with Luminati Spiritual Travel. Enjoy special New Age ceremonies and metaphysical shops. See Bandelier National Monument, Acoma Pueblo Site, famous Chaco Canyon with Native American guide. And...Sooo much more, Sept.5-12,2003. 1.888.488.1151 www.luminati.net

JOIN LUMINATI'S SPIRITUAL MAYAN CLASSIC TOUR. November 7-16, 2003. This exciting itinerary will satisfy your longing for adventure as you roam the ancient Mayan ruins and experience the warm and loving people of the region. See Copan, Quirigua, Tikal, Bonampak, Yaxchilan, Palenque, and La Venta. 1.888.488.1151 www.luminati.net

Food For Thought

Read about the 101 reasons why I'm a vegetarian. The 16-page booklet lists all the reasons that have appeared in Common Ground over the years. Please send \$5.00 (includes GST & postage) to: Common Ground Magazine 201 - 3091 W. Broadway, Vancouver V6K 2G9

Special Introductory Price

\$1.99 per word

Common Ground is launching our new Classifieds/Unclassifieds section with the special introductory price of **only \$1.99** per word, for the next few issues.

Booking your ad is easy! First, choose a category. Next, email your text & payment information to admin@commongroundmagazine.com or call 604-733-2215. **Then watch the results happen!**

A quarter million readers see ads in Common Ground magazine each month, making us your most cost-effective buy. Compare and see how you save with Common Ground magazine.

• Terms are prepaid by credit card or cheque.



Personal Best Seminars

ANNUAL CHRISTMAS SALE

Save up to 50%
(for a limited time only)

Personal Best Seminars is committed to serving emerging leaders who are committed, cocreative, authentic and resourceful. We are in the business of **WAKING UP** the planet and bringing about a better quality of life for all of humanity. We are committed to serving others in the pursuit of their life mission. If you share our values of Purpose, Contribution, Community and Freedom, We can support you in your journey of Personal Mastery.

- Break through your personal limits and barriers to experience **POWER** and **FREEDOM**.
- Connect with others and work together for mutual benefit to experience **UNITY** and **COMMUNITY**.
- Get to the heart of the matter to experience **CLARITY** and **PURPOSE**.
- Make a meaningful change in the world to experience **PASSION** and **CONTRIBUTION**.

You owe it to yourself to learn more about Personal Best Seminars.

1-877-806-2378

www.personalbestseminars.com

The Personal Best Course has greatly amplified my self awareness and truly enhanced my communication skills! As an educator, this personal growth has had tremendous impact on the way I connect with my students. With stronger relationships, the business of learning is substantially elevated! As a bonus, Personal Best's experiential exercises offered me some unique teaching strategies to implement in my own classroom." Karen

Fantastic Evening Seminar: Personal Mastery, The Human Adventure!

Gain incredible value from this evening by allowing yourself to:

- Discover the key to creating new results in your life by breaking through limits and barriers.
- Get to the heart of the matter to uncover the hidden truth about you that blocks change.
- Find out how to create passionate, empowering and mutually beneficial relationships; at work at home, and in your community.

Call now and register for our one evening seminar Personal Mastery, The Human Adventure! You will receive complimentary tickets.

Please note if you register after January 9th tickets are \$20.00.

"Knowing is not enough, we must apply. Willing is not enough, we must do." Goethe



"The Personal Best Course (I, II and III) has helped me to better understand myself and others. As a salesman this helps me see why I was acting in a manner that was not moving me towards my goals, and why my clients were not reacting to me in the manner I would like.

The results have been a higher level of success in both my professional and personal life." Steve

Upcoming Personal Mastery evenings

Vancouver

**December 9th
January 8th
January 27th**

Calgary

**December 5th
January 13th**

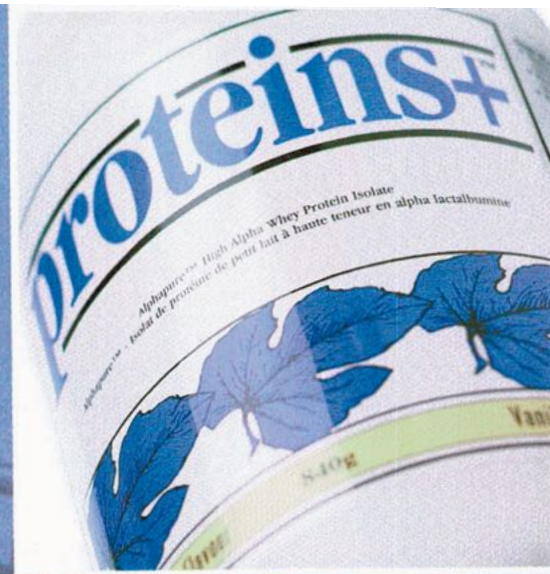
Edmonton

January 21st

Here's what Heather Kitchen, who recently attended a Personal Mastery Presentation in Edmonton, had to say:

"After attending just the Personal Mastery Seminar, I joined a gym, lost 42 lbs, and quit smoking. It was a huge breakthrough for me. I've since gone on and taken the Personal Best Level I and have had even more insight into myself. This image that was hiding who I really am has melted away and no longer controls my life. Underneath, I've found my self esteem, self respect, and I feel empowered in my life. I really know who I am and have been able to revisit career dreams I had previously thought unattainable. Now I see a way to make my dream a reality."

www.personalbestseminars.com



Build your best
body with
proteins+.

PART OF THE TRANSFORMATION PROGRAM



proteins+ is your premium protein source. And a great source of our exclusive Alphapure™ whey protein isolate. Produced using a unique patent-pending filtration process, Alphapure™ is the next generation of high purity whey protein, and is 30% alpha lactalbumin. Choose **proteins+** and work with your body to increase your metabolic rate, enhance the rate of muscle repair and rebuild, and gain lean muscle. Get back what you put in. It's a guaranteed return. Get the 100% performance of **proteins+**.

Brochure and supplements available where leading supplements are found.
Our Total Quality Obligation guarantees your satisfaction - or your money back.
www.greenspluscanada.com Tel: (416) 977-8765 or 1 877 500-7888



Just look for the leaves.

Brought to you by the makers of greens+.